

# Hello!

## Welcome to your Transition Information Package.

There are many questions that arise when children, young adults, and their parents begin to imagine what life will look like after high school. This binder has been created as a starting point to help you begin thinking about, planning, and taking steps toward a meaningful adult life.

In this binder, you will find information about services and supports that may be available and/or of interest to you, as well as many resources that may assist you now or in the near future, depending on where you are at in your personal journey. Please connect with Family Respite Services or the Windsor Essex Brokerage for Personal Supports if you have questions.

We also strongly encourage you to be in touch with your local Family Network and/or connect with an independent facilitator through Brokerage for more in-depth and up-to-date information about transition planning.

If you do not have access to the Internet and/or require assistance to navigate this information, please contact your local library, Windsor Essex Brokerage for Personal Supports, or Family Respite Services.

Enjoy and best wishes as you head into this next stage of your life!

***Please Note: Due to COVID-19 restrictions, many services, supports, and opportunities may look different than what is captured in this resource.  
Please connect with each organization directly to check their current offerings.***

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*The Windsor-Essex Planning for Success Committee would like to thank local community partners for your contributions to this binder, including:*

- Autism Ontario Windsor-Essex
- Conseil Scolaire Viamonde
- Developmental Services Ontario
- Ensemble
- Greater Essex County District School Board
- Developmental Services Ontario
- Family Respite Services
- Hotel-Dieu Grace Healthcare
- John McGivney Children's Centre
- Ministry of Children, Community, and Social Services
- Multicultural Council of Windsor and Essex County
- Windsor Essex Brokerage for Personal Supports
- Windsor-Essex Catholic District School Board

## **Five Accomplishments of Ordinary Life**

By John O'Brien

### **Community Presence:**

To take part in community life and to live and spend leisure time with other members of the community

### **Relationships:**

To experience valued relationships with ordinary people

### **Choice:**

To make choices, both large and small, in one's life. These include choices about where to live and with whom to live.

### **Competence:**

To learn new skills and participate in meaningful activities with whatever assistance is required.

### **Respect:**

To be valued and treated as a community citizen.

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# Transition Planning Activities for Youth, Families & Trusted Others

Updated January 2022

<b>To Be Completed Every Year From Age 14 to 21</b>	
<b>Purpose:</b> 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.	
<b>Youth Name:</b>	<b>Current Age of Youth:</b> <b>Date:</b>
<b>Transition Lead Name:</b>	
<b>Date Sent:</b>	<b>Date this process declined:</b>
<b>Recreation Opportunities</b>	
<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"> <li>• Recreation Services (Community Specific)             <ul style="list-style-type: none"> <li>○ Recreation Services   Town of Amherstburg Online Services</li> <li>○ Recreation Guide Online Registration - Town of Essex</li> <li>○ Recreation Programs   Town of Kingsville</li> <li>○ Town of Lakeshore - Parks &amp; Recreation</li> <li>○ LaSalle Vollmer Centre</li> <li>○ Recreation – Leamington</li> <li>○ Parks &amp; Recreation Services   Town of Tecumseh</li> </ul> </li> <li>• Local Private Gyms</li> <li>• Social Entrepreneurial groups</li> <li>• St Clair College/University of Windsor social clubs</li> <li>• Community Physical Activities             <ul style="list-style-type: none"> <li>○ House League Baseball/Basketball/Volleyball etc.</li> <li>○ Italian Canadian Handicapable Association</li> <li>○ Horse Riding Associations – such as Windsor Essex Therapeutic Riding Association (WETRA) and Firehouse Leadership</li> <li>○ Dance/theater groups – such as Windsor Dance Experience (WDX) and through Mackenzie Hall</li> </ul> </li> <li>• Learning Disabilities Association</li> <li>• YMCA; art galleries in Windsor Essex</li> <li>• Music Therapy</li> </ul> <p>Please note: This is <b>not</b> 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"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> <b>N/A</b>
<b>Volunteering Opportunities</b>	
<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"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> <b>N/A</b>

## Transition Planning Activities for Youth, Families & Trusted Others

<ul style="list-style-type: none"> <li>• Student Links Program (formerly called the Passport Mentoring Initiative) through Community Living Ontario:  <a href="https://communitylivingontario.ca/en/student-links/">https://communitylivingontario.ca/en/student-links/</a> <ul style="list-style-type: none"> <li>○ 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.</li> </ul> </li> </ul> <p>Resources for review: <a href="http://www.wevolunteer.ca">www.wevolunteer.ca</a>, <a href="http://www.inclusion.com">www.inclusion.com</a>, <a href="https://webps.ca/">https://webps.ca/</a>.</p>	
<b>Employment or Related Skills Development Opportunities</b>	
<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"> <li>• If no, proceed to the next section.</li> <li>• If yes, explore the below options:</li> </ul> <p><u>Community &amp; Other Resources:</u></p> <ul style="list-style-type: none"> <li>• <b>Employment Supports Program:</b> 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.</li> <li>• <b>Unemployed Help Center:</b> 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: <a href="https://www.uhc.ca/">https://www.uhc.ca/</a> or 519-944-4900.</li> <li>• <b>Goodwill Industries</b> (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 <a href="http://www.goodwillekl.com">www.goodwillekl.com</a> or contact 519-256-1919.</li> <li>• <b>DiscoverAbility</b> 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!  <a href="https://discoverability.network/job-seeker/">https://discoverability.network/job-seeker/</a></li> <li>• <b>Community Living Windsor – Work 4 All – Hands-On Work Experience:</b> 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 <a href="mailto:Allison.robertsonrecine@clwindsor.org">Allison.robertsonrecine@clwindsor.org</a>.</li> </ul>	<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>

## Transition Planning Activities for Youth, Families & Trusted Others

- **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/](http://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: <a href="http://www.alsogroup.org/programs-services/participation-industries/">http://www.alsogroup.org/programs-services/participation-industries/</a> .	
<b>Supports and Services</b>	
<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><b>Please note:</b> All youth are considered as adults on their 18<sup>th</sup> 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><b>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.</b></p> <p><b>What is involved in this process?</b> 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 <a href="https://www.dsontario.ca/how-to-access-services">https://www.dsontario.ca/how-to-access-services</a>. For more information, contact DSO at 1-855-437-6797 or 519-945-3797.</p> <ul style="list-style-type: none"> <li>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.</li> </ul> <p><b>Please note:</b> 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"> <li><b>Private Psychologist/Psychiatrist:</b> Search on the internet. Cost varies.</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> <b>Yes</b>  <input type="checkbox"/> <b>N/A</b> </div> <div> <input type="checkbox"/> <b>No</b> </div> </div> <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> <b>Yes</b>  <input type="checkbox"/> <b>N/A</b> </div> <div> <input type="checkbox"/> <b>No</b> </div> </div>

## Transition Planning Activities for Youth, Families & Trusted Others

- **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"> <li>▪ <b>Harmony in Action</b> (<a href="https://harmonyinaction.com/about-harmony-in-action/">https://harmonyinaction.com/about-harmony-in-action/</a>) – 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.</li> <li>▪ <b>Bartimaeus Rehabilitation Services Inc.:</b> 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 <a href="mailto:sean@bartimaeusrehab.com">sean@bartimaeusrehab.com</a>.</li> </ul>	
<b>Family Groups</b>	
<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>	
<b>Independent Facilitation</b>	
<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>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A</p>
<b>Financial Assistance – Disability Pension</b>	
<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 <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/">http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/</a> or reached by phone at 519-254-1651 (must be 17.5 years of age) to apply for this provincial benefit.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A</p>



## Transition Planning Activities for Youth, Families & Trusted Others

<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><b>Registered Disability Savings Plan (RDSP):</b> 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><b>Please Note:</b> 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>	
<b>Personal Care</b>	
<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
<b>Mental Health Supports and Services</b>	
<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 <a href="http://regionalsupport.on.ca/eng/">http://regionalsupport.on.ca/eng/</a> 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
<b>Transportation</b>	
<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

## Transition Planning Activities for Youth, Families & Trusted Others

- **Handi-Transit** (519-966-0930, <https://www.erieclairhealthline.ca/displayservice.aspx?id=40609&region=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"> <li>• <b>Windsor Residence</b> (519-253-3666, <a href="http://www.windsorresidenceinc.com/">http://www.windsorresidenceinc.com/</a>): A supportive housing provider located in the core of the City of Windsor.</li> </ul>	
<b>Noted Websites</b>	
<ul style="list-style-type: none"> <li>• Ontario Disability Employment Network - <a href="http://www.odennetwork.com">www.odennetwork.com</a></li> <li>• Windsor-Essex Family Network - <a href="https://windsoressexfamnet.ca/">https://windsoressexfamnet.ca/</a></li> <li>• Canadian Mental Health Association - <a href="https://windsoressex.cmha.ca/">https://windsoressex.cmha.ca/</a></li> <li>• Windsor-Essex Brokerage for Personal Supports - <a href="https://webps.ca/">https://webps.ca/</a></li> <li>• Woodedden Camp: <a href="https://www.eastersealscamps.org/programs">https://www.eastersealscamps.org/programs</a></li> <li>• Inclusion Press: <a href="http://www.inclusion.com/">http://www.inclusion.com/</a></li> <li>• Autism Ontario: <a href="https://www.autismontario.com/transition?utm_source=october+newsletter&amp;utm_medium=email&amp;utm_campaign=Have+a+beautiful+October+with+Autism+Ontario">https://www.autismontario.com/transition?utm_source=october+newsletter&amp;utm_medium=email&amp;utm_campaign=Have+a+beautiful+October+with+Autism+Ontario</a></li> <li>• ConnectABILITY: <a href="https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbchild=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XReE">https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbchild=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XReE</a></li> <li>• Timetable for Growing Up: <a href="https://hollandbloorview.ca/services/programs-services/timetable-growing">https://hollandbloorview.ca/services/programs-services/timetable-growing</a></li> </ul>	
<b>Post-Secondary Education</b>	
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	

# Transition Planning Activities for Youth, Families & Trusted Others

Updated January 2022

<b>To Be Completed Every Year From Age 14 to 21</b>	
<b>Purpose:</b> 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.	
<b>Youth Name:</b>	<b>Current Age of Youth:</b> <b>Date:</b>
<b>Transition Lead Name:</b>	
<b>Date Sent:</b>	<b>Date this process declined:</b>
<b>Recreation Opportunities</b>	
<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"> <li>• Recreation Services (Community Specific)               <ul style="list-style-type: none"> <li>○ Recreation Services   Town of Amherstburg Online Services</li> <li>○ Recreation Guide Online Registration - Town of Essex</li> <li>○ Recreation Programs   Town of Kingsville</li> <li>○ Town of Lakeshore - Parks &amp; Recreation</li> <li>○ LaSalle Vollmer Centre</li> <li>○ Recreation – Leamington</li> <li>○ Parks &amp; Recreation Services   Town of Tecumseh</li> </ul> </li> <li>• Local Private Gyms</li> <li>• Social Entrepreneurial groups</li> <li>• St Clair College/University of Windsor social clubs</li> <li>• Community Physical Activities               <ul style="list-style-type: none"> <li>○ House League Baseball/Basketball/Volleyball etc.</li> <li>○ Italian Canadian Handicapable Association</li> <li>○ Horse Riding Associations – such as Windsor Essex Therapeutic Riding Association (WETRA) and Firehouse Leadership</li> <li>○ Dance/theater groups – such as Windsor Dance Experience (WDX) and through Mackenzie Hall</li> </ul> </li> <li>• Learning Disabilities Association</li> <li>• YMCA; art galleries in Windsor Essex</li> <li>• Music Therapy</li> </ul> <p>Please note: This is <b><u>not</u></b> 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"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> <b>N/A</b>
<b>Volunteering Opportunities</b>	
<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"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> <b>N/A</b>

## Transition Planning Activities for Youth, Families & Trusted Others

<ul style="list-style-type: none"> <li>• Student Links Program (formerly called the Passport Mentoring Initiative) through Community Living Ontario:  <a href="https://communitylivingontario.ca/en/student-links/">https://communitylivingontario.ca/en/student-links/</a> <ul style="list-style-type: none"> <li>○ 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.</li> </ul> </li> </ul> <p>Resources for review: <a href="http://www.wevolunteer.ca">www.wevolunteer.ca</a>, <a href="http://www.inclusion.com">www.inclusion.com</a>, <a href="https://webps.ca/">https://webps.ca/</a>.</p>	
<b>Employment or Related Skills Development Opportunities</b>	
<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"> <li>• If no, proceed to the next section.</li> <li>• If yes, explore the below options:</li> </ul> <p><u>Community &amp; Other Resources:</u></p> <ul style="list-style-type: none"> <li>• <b>Employment Supports Program:</b> 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.</li> <li>• <b>Unemployed Help Center:</b> 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: <a href="https://www.uhc.ca/">https://www.uhc.ca/</a> or 519-944-4900.</li> <li>• <b>Goodwill Industries</b> (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 <a href="http://www.goodwillekl.com">www.goodwillekl.com</a> or contact 519-256-1919.</li> <li>• <b>DiscoverAbility</b> 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!  <a href="https://discoverability.network/job-seeker/">https://discoverability.network/job-seeker/</a></li> <li>• <b>Community Living Windsor – Work 4 All – Hands-On Work Experience:</b> 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 <a href="mailto:Allison.robertsonrecine@clwindsor.org">Allison.robertsonrecine@clwindsor.org</a>.</li> </ul>	<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>

## Transition Planning Activities for Youth, Families & Trusted Others

- **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/](http://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-

## Transition Planning Activities for Youth, Families & Trusted Others

969-8188 or visit: <http://www.alsogroup.org/programs-services/participation-industries/>.

### Supports and Services

Does your child need help to complete daily living and/or different everyday activities like cooking, dressing, eating?

☐ Yes ☐ No  
☐ N/A

Does your child currently have a paid assistant/supporter to help with these activities?

☐ Yes ☐ No  
☐ N/A

If no to both questions, proceed to next section.

If yes to one or both questions, continue reading in this section.

**Please note:** All youth are considered as adults on their 18<sup>th</sup> 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.

**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.**

**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.

- 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.

**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.

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:

- **Private Psychologist/Psychiatrist:** Search on the internet. Cost varies.

## Transition Planning Activities for Youth, Families & Trusted Others

- **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.



## Transition Planning Activities for Youth, Families & Trusted Others

<ul style="list-style-type: none"> <li>▪ <b>Harmony in Action</b> (<a href="https://harmonyinaction.com/about-harmony-in-action/">https://harmonyinaction.com/about-harmony-in-action/</a>) – 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.</li> <li>▪ <b>Bartimaeus Rehabilitation Services Inc.:</b> 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 <a href="mailto:sean@bartimaeusrehab.com">sean@bartimaeusrehab.com</a>.</li> </ul>	
<b>Family Groups</b>	
<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>	
<b>Independent Facilitation</b>	
<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"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> </div> <div> <input type="checkbox"/> <b>N/A</b> </div> <div> <input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> </div> <div> <input type="checkbox"/> <b>N/A</b> </div>
<b>Financial Assistance – Disability Pension</b>	
<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 <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/">http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/</a> 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"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> </div> <div> <input type="checkbox"/> <b>N/A</b> </div>

## Transition Planning Activities for Youth, Families & Trusted Others

<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><b>Registered Disability Savings Plan (RDSP):</b> 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><b>Please Note:</b> 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>	
<b>Personal Care</b>	
<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
<b>Mental Health Supports and Services</b>	
<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 <a href="http://regionalsupport.on.ca/eng/">http://regionalsupport.on.ca/eng/</a> 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
<b>Transportation</b>	
<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



## Transition Planning Activities for Youth, Families & Trusted Others

- **Handi-Transit** (519-966-0930, <https://www.erieclairhealthline.ca/displayservice.aspx?id=40609&region=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

## Transition Planning Activities for Youth, Families & Trusted Others

<p>whose professionals may be of assistance for youth who live outside of the Windsor area.</p> <ul style="list-style-type: none"> <li>• <b>Windsor Residence</b> (519-253-3666, <a href="http://www.windsorresidenceinc.com/">http://www.windsorresidenceinc.com/</a>): A supportive housing provider located in the core of the City of Windsor.</li> </ul>	
<b>Noted Websites</b>	
<ul style="list-style-type: none"> <li>• Ontario Disability Employment Network - <a href="http://www.odennetwork.com">www.odennetwork.com</a></li> <li>• Windsor-Essex Family Network - <a href="https://windsorsexfamnet.ca/">https://windsorsexfamnet.ca/</a></li> <li>• Canadian Mental Health Association - <a href="https://windsorsex.cmha.ca/">https://windsorsex.cmha.ca/</a></li> <li>• Windsor-Essex Brokerage for Personal Supports - <a href="https://webps.ca/">https://webps.ca/</a></li> <li>• Woodedden Camp: <a href="https://www.eastersealscamps.org/programs">https://www.eastersealscamps.org/programs</a></li> <li>• Inclusion Press: <a href="http://www.inclusion.com/">http://www.inclusion.com/</a></li> <li>• Autism Ontario: <a href="https://www.autismontario.com/transition?utm_source=october+newsletter&amp;utm_medium=email&amp;utm_campaign=Have+a+beautiful+October+with+Autism+Ontario">https://www.autismontario.com/transition?utm_source=october+newsletter&amp;utm_medium=email&amp;utm_campaign=Have+a+beautiful+October+with+Autism+Ontario</a></li> <li>• ConnectABILITY: <a href="https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbclid=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XReE">https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbclid=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XReE</a></li> <li>• Timetable for Growing Up: <a href="https://hollandbloorview.ca/services/programs-services/timetable-growing">https://hollandbloorview.ca/services/programs-services/timetable-growing</a></li> </ul>	
<b>Post-Secondary Education</b>	
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	

# Transition Planning Activities for Youth, Families & Trusted Others

Updated January 2022

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

## Transition Planning Activities for Youth, Families & Trusted Others

<ul style="list-style-type: none"> <li>Student Links Program (formerly called the Passport Mentoring Initiative) through Community Living Ontario:  <a href="https://communitylivingontario.ca/en/student-links/">https://communitylivingontario.ca/en/student-links/</a> <ul style="list-style-type: none"> <li>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.</li> </ul> </li> </ul> <p>Resources for review: <a href="http://www.wevolunteer.ca">www.wevolunteer.ca</a>, <a href="http://www.inclusion.com">www.inclusion.com</a>, <a href="https://webps.ca/">https://webps.ca/</a>.</p>	
<b>Employment or Related Skills Development Opportunities</b>	
<p>Is their child interested in working?</p> <p>Has planning happened to create a “co-op placement”?</p> <ul style="list-style-type: none"> <li>If no, proceed to the next section.</li> <li>If yes, the family can explore the below options:</li> </ul> <p><u>Community &amp; Other Resources:</u></p> <ul style="list-style-type: none"> <li><b>Employment Supports Program:</b> 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.</li> <li><b>Unemployed Help Center:</b> 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: <a href="https://www.uhc.ca/">https://www.uhc.ca/</a> or 519-944-4900.</li> <li><b>Goodwill Industries</b> (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 <a href="http://www.goodwillekl.com">www.goodwillekl.com</a> or contact 519-256-1919.</li> <li><b>DiscoverAbility</b> 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!  <a href="https://discoverability.network/job-seeker/">https://discoverability.network/job-seeker/</a></li> <li><b>Community Living Windsor – Work 4 All – Hands-On Work Experience:</b> 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 <a href="mailto:Allison.robertsonrecine@clwindsor.org">Allison.robertsonrecine@clwindsor.org</a>.</li> </ul>	<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>

## Transition Planning Activities for Youth, Families & Trusted Others

- **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/](http://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 ext. 4302.
- **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-

## Transition Planning Activities for Youth, Families & Trusted Others

969-8188 or visit: <a href="http://www.alsogroup.org/programs-services/participation-industries/">http://www.alsogroup.org/programs-services/participation-industries/</a> .	
<b>Supports and Services</b>	
<p>Does their child need help to complete daily living and/or different everyday activities like cooking, dressing, eating?</p> <p>Does their 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><b>Please note:</b> All youth are considered as adults on their 18<sup>th</sup> 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.</p> <p><b>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.</b></p> <ul style="list-style-type: none"> <li>• <b>What is involved in this process?</b> 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 <a href="https://www.dsontario.ca/how-to-access-services">https://www.dsontario.ca/how-to-access-services</a>. For more information, the family can contact DSO at 1-855-437-6797 or 519-945-3797.</li> <li>• 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.</li> </ul> <p><b>Please note:</b> 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 the family several process steps.</p> <p>Many youth have had psychological testing through their school, so families 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</p>	<div> <input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> </div> <div> <input type="checkbox"/> <b>N/A</b> </div> <div> <input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> </div> <div> <input type="checkbox"/> <b>N/A</b> </div>



## Transition Planning Activities for Youth, Families & Trusted Others

companies cover psychological services, so parents with benefits should inquire with their carrier to see if they have coverage. Other options include:

- **Private Psychologist/Psychiatrist:** Search on the internet. Cost varies.
- **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.

## Transition Planning Activities for Youth, Families & Trusted Others

<ul style="list-style-type: none"> <li>▪ <b>St. Francis Advocates</b> (<a href="https://www.mysfa.org/">https://www.mysfa.org/</a>): 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.</li> <li>▪ <b>Harmony in Action</b> (<a href="https://harmonyinaction.com/about-harmony-in-action/">https://harmonyinaction.com/about-harmony-in-action/</a>) – 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.</li> <li>▪ <b>Bartimaeous Rehabilitation Services Inc.:</b> 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 <a href="mailto:sean@bartimaeusrehab.com">sean@bartimaeusrehab.com</a>.</li> </ul>	
<b>Family Groups</b>	
<p>If the family would like to connect with other parents who have gone through the transition to adulthood with their young person, they can 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>	
<b>Independent Facilitation</b>	
<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 their child interested in staying connected to their neighbourhood?</p> <p>Is their child interested in doing things that keeps them connected or brings about new connections within their neighbourhood?</p> <p>If the family answered yes to one or both of the questions above, they can contact Developmental Services Ontario (DSO) at 1-855-437-6797 for a referral to Windsor Essex Brokerage for Personal Supports.</p>	
<b>Financial Assistance – Disability Pension</b>	



## Transition Planning Activities for Youth, Families & Trusted Others

<p>Does the family know about monthly financial assistance for living and medical expenses?</p> <p>The Ontario Disability Support Program (ODSP) can be found online at <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/">http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/</a> or reached by phone at 519-254-1651 (must be 17.5 years of age) to apply for this provincial benefit. 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><b>Registered Disability Savings Plan (RDSP):</b> 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><b>Please Note:</b> 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 the family several process steps.</p>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> <b>N/A</b>
<b>Personal Care</b>	
<p>Does the child have any difficulty with mobility or need help with eating, dressing, grooming or self-care activities?</p> <p>If so, the family can 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). The child may qualify for personal support care at home.</p> <p>If the 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"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/> <b>N/A</b>
<b>Mental Health Supports and Services</b>	

## Transition Planning Activities for Youth, Families & Trusted Others

<p>Is their 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 <a href="http://regionalsupport.on.ca/eng/">http://regionalsupport.on.ca/eng/</a> or contact them directly at 519-974-9476.</p> <p>If the family identifies their child has a serious mental health diagnosis at 18 years of age, the 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
<b>Transportation</b>	
<p>Does their child require accessible public transportation?</p> <p>If so, they may contact:</p> <ul style="list-style-type: none"> <li>• <b>Handi-Transit</b> (519-966-0930, <a href="https://www.erieclairhealthline.ca/displayservice.aspx?id=40609&amp;region=WindsorEssex">https://www.erieclairhealthline.ca/displayservice.aspx?id=40609&amp;region=WindsorEssex</a>): Application process required; bookings available up to 3 weeks in advance.</li> <li>• <b>Courtesy Accessible Transportation</b> (519-977-9700, <a href="https://www.courtesytransportation.com/services/handicap-service/">https://www.courtesytransportation.com/services/handicap-service/</a>): 24 hour notice, 24 hours a day, door to door service.</li> <li>• <b>Checker Cab</b> (519-254-7777): No extra charge for use of one of four accessible vehicles. Advanced booking accepted but not necessary.</li> <li>• <b>Transit Windsor</b> (519-944-4111, <a href="https://www.citywindsor.ca/residents/transitwindsor/About-Transit/accessible-services/Pages/Accessible-Service.aspx">https://www.citywindsor.ca/residents/transitwindsor/About-Transit/accessible-services/Pages/Accessible-Service.aspx</a>): Offers a subsidized monthly bus passes (must be 18 years of age and an eligible recipient of ODSP).</li> <li>• <b>Care-A-Van: Essex Community Services</b> (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.</li> </ul> <p>For additional accessible transportation options in the County, refer to the following link provided by the John McGivney Children’s Centre:  <a href="https://jmccentre.ca/accessible-transportation">https://jmccentre.ca/accessible-transportation</a>.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
<b>Housing</b>	

## Transition Planning Activities for Youth, Families & Trusted Others

<p>Would the family like information about affordable housing?</p> <p>If so, they can contact:</p> <ul style="list-style-type: none"> <li>• <b>Windsor Essex Community Housing Corporation</b> (519-254-1681): Provides a limited number of income-based housing for persons with physical disabilities.</li> <li>• <b>The Central Housing Registry – Windsor Essex County (CHR)</b> (519-254-6994, <a href="http://www.chrwec.com/">http://www.chrwec.com/</a>): Maintains a centralized waiting list for most social housing providers in Windsor and Essex County.</li> <li>• <b>Windsor-Essex Family Network</b> (519-974-1008, <a href="https://windsorsexfamnet.ca/my-home-my-choice-initiative/">https://windsorsexfamnet.ca/my-home-my-choice-initiative/</a>): Contact to discuss up-to-date housing options and to gather information about an informational and inspirational series called My Home My Choice.</li> <li>• <b>Housing Information Services of Windsor and Essex County</b> (519-254-4824, <a href="http://hiswindsor.ca/">http://hiswindsor.ca/</a>).</li> </ul> <p>For those interested in group living and receiving services from professionals in Windsor and Essex County, please contact the Developmental Services Ontario (DSO) office.</p> <ul style="list-style-type: none"> <li>• <b>ACCESS Community Services</b> (519-733-8983, <a href="https://www.accesscommunity.org/">https://www.accesscommunity.org/</a>): A county wide multi service agency whose professionals may be of assistance for youth who live outside of the Windsor area.</li> <li>• <b>Windsor Residence</b> (519-253-3666, <a href="http://www.windsorresidenceinc.com/">http://www.windsorresidenceinc.com/</a>): A supportive housing provider located in the core of the City of Windsor.</li> </ul>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> N/A</p>
<p><b>Noted Websites</b></p>	
<ul style="list-style-type: none"> <li>• Ontario Disability Employment Network - <a href="http://www.odennetwork.com">www.odennetwork.com</a></li> <li>• Windsor-Essex Family Network - <a href="https://windsorsexfamnet.ca/">https://windsorsexfamnet.ca/</a></li> <li>• Canadian Mental Health Association - <a href="https://windsorsex.cmha.ca/">https://windsorsex.cmha.ca/</a></li> <li>• Windsor-Essex Brokerage for Personal Supports - <a href="https://webps.ca/">https://webps.ca/</a></li> <li>• Wooded Camp: <a href="https://www.eastersealscamps.org/programs">https://www.eastersealscamps.org/programs</a></li> <li>• Inclusion Press: <a href="http://www.inclusion.com/">http://www.inclusion.com/</a></li> <li>• Autism Ontario: <a href="https://www.autismontario.com/transition?utm_source=october+newsletter&amp;utm_medium=email&amp;utm_campaign=Have+a+beautiful+October+with+Autism+Ontario">https://www.autismontario.com/transition?utm_source=october+newsletter&amp;utm_medium=email&amp;utm_campaign=Have+a+beautiful+October+with+Autism+Ontario</a></li> <li>• ConnectABILITY: <a href="https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbclid=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XRE">https://connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/?fbclid=IwAR1t9tsWTq4autu7_iwIGjMlc6TRZDgNkzoTOo3tle0zof8b6AnbQn7XRE</a></li> <li>• Timetable for Growing Up: <a href="https://hollandbloorview.ca/services/programs-services/timetable-growing">https://hollandbloorview.ca/services/programs-services/timetable-growing</a></li> </ul>	
<p><b>Post-Secondary Education</b></p>	

## **Transition Planning Activities for Youth, Families & Trusted Others**

- For information on post-secondary education, have the family contact their child's guidance counselor, and meet with the appropriate supports at the post-secondary institute a year prior to graduation.



**Planning a future for youth with a disability. Ensuring good information.**

**[www.transitionplanningwindsorsex.ca](http://www.transitionplanningwindsorsex.ca)**

Everyone dreams that their child will have a full life, complete with meaningful activities, personal and considerate friendships, financial security and a home to live in. For parents who have children with disabilities, this requires extra planning and action. This website will help you get oriented to the adult service system and to how others can be of help to you and your young adult child.

This website was designed for parents of young people 14 to 18 years of age who live with a developmental disability. Siblings, extended families and friends will find this information extremely helpful as well. The purpose of this website is to give contact information, some tips, resources and practical information to assist with the transition away from the school system and into life as an adult.

Our best advice is to begin early. Starting earlier than what one may think helps to create tailor made options that will reflect the lifestyle essentials of both your family and your child. Planning also involves thinking creatively so that you can build on the skills, interests and strengths of your child to develop natural connections in your community.

You will note information about financial incentives for families of all income levels such as the Registered Disability Savings Plan. As well, information about the Ontario Disability Support Program is highlighted.

In Windsor and Essex County (Ontario), independent facilitators, service providers and Ministry representatives have come together to think about what information families could use to assist them to think about their future. This conversation led to the creation of this binder. In the school system it is called “the transition binder”. To obtain a first time or an additional copy, please ask your child’s teacher.

Also available on the website:

1. *Family stories*
2. *Planning steps and community resources*
3. *Calendar of events from various groups*



## Planning for **A FULL** AND **MEANINGFUL LIFE**

Planning the best possible life for your child with a disability means challenging yourself to be proactive and to 'think differently' at every age and stage. The purpose of this booklet is to encourage conversations and questions that assist in forming a strong foundation for planning.



# 0-5yrs

## CASTING THE VISION.

### ***Visions are based on values.***

- What values are important to you when thinking about your child's future? (i.e. independence, self sufficiency, caring relationships, giving back)
- Craft a vision statement for your child. What are the key words? What do they really mean? (i.e. Joseph will be independent, have caring, meaningful friendships, enjoy a typical education, find meaningful employment and give back to his community)
- Think big picture. How do those words apply to home, work, school, and community with regards to meaningful roles in your community? (i.e. My child will be a friend, renter or home owner, student, employee, volunteer)
- Take action. How can you start to build your vision? (i.e. attend a play group, invite other families with young children over, strengthen family relationships)
- Share your vision with family and friends, as well as the support services involved in your child's life.

## ASSET BASED THINKING.

### ***Parents are often forced to identify all of the deficits that their child may or may not have in order to access supports and services. Asset based thinking is about meeting challenges from a position of possibility and hope.***

- Focus on your child's abilities.
- Everyone can learn.
- Everyone has something to offer.
- Don't believe everything the experts tell you. Your child will surprise you.

## MIX AND MINGLE.

### ***Where do families meet and connect in your neighbourhood and community?***

- Explore community programs.
- Attend information and education sessions.
- Volunteer as a family in the community.
- Invite people that you meet through your involvement in your community to get to know your child and your family, outside of your immediate family.



# 5-10yrs

## ADVOCATE.

***It is important that your child is welcome to learn, play and grow in typical environments at home, school and in the community. There may be times when you will need to speak up for your child to help others see how full participation and inclusion benefits everyone involved.***

- People who are not comfortable or have not had any personal connection with a person who has a disability will take the lead from you and your family.
- Inclusive Education Canada is a great resource for parents to explore their role in ensuring their child receives a quality education. [www.inclusiveeducation.ca](http://www.inclusiveeducation.ca)

## THE STRENGTH OF THE PACK.

***Natural, personal networks of support are made up of individuals who have a connection and a vested interest in your child and your family.***

- Network members can be family, friends, neighbours, members of a spiritual or religious community, and members of clubs or associations.
- Network members are committed to change and willing to stick it out for the long haul.
- Who is part of your network already? Who is missing?

***Some personal networks meet formally while others are more fluid.***

- It is helpful to have a lead person who organizes and sets the agenda for a meeting of the minds.
- Meeting with your family's personal network helps clarify your vision for your child's future, prioritize issues, identify goals and obstacles and brainstorm action steps needed to resolve obstacles and reach goals.
- As your child gets older, it is important that their voice and dreams are given priority within your support network.

***Find a Family Network in Your Community!***

- Connecting with other families with similar experiences provides fresh perspectives and practical information, lessens isolation, and can help innovate new solutions.
- Offering and receiving support builds resilience for you and in turn your family.
- A family network can be a pathway to discovering and building upon resources already present within 'your own backyard'.
- Check with your local Community Living Organization or [Partners for Planning](#) for a family network in your area.



## COMMUNITY INVOLVEMENT.

***Authentic relationships are the keys to the better things in life. Being involved in community invites new experiences and activities into your child's life that encourages personal growth, increases self confidence and promotes social learning.***

- Continue to explore opportunities in your community for programs and activities that are age appropriate and inclusive. What are some activities your child's peers enjoy participating in? Where are the places in your neighbourhood that children like to visit or play?
- Volunteer! What is a cause your family is passionate about or an activity that you love to do together?
- Get to know your neighbours.
- It's pretty hard to make friends if your child is not around others. While you may not be able to make friends for your child, you can create the conditions in which new friendships are possible.

## PLAY!

***Play is a natural way to build friendships and learn social skills.***

- Set up some play dates and invite some of your child's classmates over for some fun.
- Take time to celebrate the good things in life together as a family. Engaging in structured play with your child teaches appropriate behaviour, sharing and taking turns. (i.e. board games)
- Consider enrolling your child in some structured activities. (sports teams, music lessons, theatre groups, dance classes, etc.) Exposing children to a wide variety of play activities will help them discover what they do and don't like and develop friendships along the way.

## SKILL DEVELOPMENT.

***Teach and provide opportunities for your child to develop independence and life skills at home that are age appropriate.***

- Setting the table.
- Unloading the dishwasher.
- Helping with meal preparation.
- Self care. (i.e. brushing their teeth, combing their own hair, help pick out their own clothes)
- Helping organize the family calendar.
- Helping with outdoor tasks.
- Organizing the shoe closet.
- Sorting and matching socks.



# 10-15yrs

## DUST OFF THE VISION.

***Helping your child prepare for adolescence and high school can be a daunting task... and not for the faint of heart.***

- It might be time to review/rewrite the vision with your child.
- What are their interests?
- What are their hopes and dreams for the future?
- Is there extra support needed to achieve those goals?
- Continue to develop and meet with your network of support.
- Encourage curiosity and look for learning opportunities that build on your child's interests.
- Be prepared to talk to your child about puberty and sexual health.

## FOCUS ON FRIENDS.

***This is typically a time when friendships become very important to young people. The best friendships tend to happen around shared interests. Teaching your child to take an interest in others is a key component in building reciprocal relationships.***

- Are there clubs, community programs, community spaces or leisure activities that your child might enjoy being part of? (i.e. Scouts, Girl Guides, Meet-Ups etc.)
- Continue to encourage age appropriate independence at home, in leisure activities and in the community (i.e. learning to take public transit)
- Teach your child to take an interest in others by looking for natural ways to ask questions during the day. (i.e. at the dinner table, in the car, etc.)
- Self care. Good hygiene practices are an important factor when it comes to making friends. Teach your child how to pick out clothes suitable to their body type and are similar to that of their peers.
- Time for "The Talk"...



# 15-21yrs

## WHAT'S THE DREAM?

***Start planning for life after high school with your child by thinking about their interests and passions.***

- Co-ops are an important part of figuring out interests and employment opportunities post graduation.
- Summer jobs are about making money, getting work experience and encouraging independence. Youth who have some work experience during their high school years have a greater chance of securing employment post high school.
- Volunteering in an area of interest is a great way for your child to meet like-minded people and give back to the community.
- Student Links is a program offered by Community Living Ontario that encourages high school students to explore their interests by facilitating connections with community members based on shared interests.
- Post secondary education is a real possibility for many students living with disabilities. Take time to look in to potential opportunities at colleges and other schools.

## MOBILIZE THE NETWORK.

***Your child and your family may need to meet with your support network more frequently to talk about what he/she wants to do after high school. Some opportunities to explore include:***

- Post secondary education.
- Community courses/programs.
- Internship/Apprenticeship.
- Employment.
- Volunteering.
- Housing options.

The P4P Planning Network offers **FREE resources** designed to empower people with disabilities and their families to create meaningful lives and secure futures, firmly rooted in community.

Check out our **online webcasts with expert Q&A.**



Transition Planning throughout the school years

**Person Directed Planning** for a meaningful, involved adult life

**Financial and estate planning** to safeguard the future and ensure choices are respected

**Innovative options for home** including models for supported independent living

**Social planning** to develop opportunities for inclusion, friendship-building and connection

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# NAVIGATION FOR ADULTS WITH A DISABILITY

**Learn** about funding opportunities that could help you achieve your goals and live a good life. Building a solid financial foundation can be helpful when exploring social and educational opportunities as well as housing and employment options in your community. This booklet contains a brief checklist that identifies some of the main funding programs that individuals 18 or older may qualify for.



PLANNING  
NETWORK

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# NAVIGATION

## DISABILITY TAX CREDIT

- The Disability Tax Credit (Form T2201) is available through the Canada Revenue Agency. This credit reduces the amount of tax owed by a person to the government.
- Individuals 18 or older can also apply for the GST/HST credit on your income tax return. You will receive the first payment a month after your 19th birthday.
- Unused credits can be transferred to parents and caregivers.

## REGISTERED DISABILITY SAVINGS PLAN

- The RDSP is a long-term savings plan made available by the federal government.
- With personal contributions combined with federal grants and bonds, an RDSP can grow in to a significant financial asset your child may use later in life.
- Receive up to \$70,000 in Grants and \$20,000 in Bonds.
- In order to qualify for an RDSP you must first qualify for the Disability Tax Credit.
- The great benefit of an RDSP is that it will not impact provincial benefits like the ODSP in anyway. You can receive funds through an RDSP with no reduction in provincial disability benefits.
- Partners for Planning offers Introductory RDSP Webinars monthly.

## HENSON TRUST

- A Henson trust, also known as a discretionary trust, is structured to protect the assets of a person living with a disability, as well as their right to collect government benefits and entitlements such as The Ontario Disability Support Program.
- It is very important for families to consider whether a Henson Trust should be a component of your estate plan and long-term financial plan.
- A Henson Trust is most often set up in a person's will. When setting up a Henson Trust you will want to consult with a lawyer who has experience setting up this type of trust. Visit the Partners for Planning [Professional Services Directory](#) for a list of lawyers.
- When setting up a Henson Trust it is important to consider the trustees you appoint. The Trustee is given the responsibility of handling the assets that have been left in the trust for your son or daughter.
- The Trustee(s) responsibilities can extend over a long period of time and end when the trust is terminated.

Learn more about the [Henson Trust](#) in the P4P Planning Network.

## EMPLOYMENT PROGRAMS

The Ontario government offers a number of job programs for adults:

- [Youth Job Connection](#)
- [Youth Job Connection Summer](#)
- [Youth Job Link](#)
- [ODSP Employment Supports](#)



## GOVERNMENT SERVICES

Some government adult services you might want to consider applying for are:

**Developmental Services Ontario (DSO)** is the first point of contact when looking for information on how to access services such as funding, housing and programs.

- Individuals can begin the application process at age 16, with parental consent, however must be 18 years of age to receive services.
- To apply, individuals must have proof that they live in Ontario, proof of date of birth and will need a copy of a psychological assessment. When filling out the application form, be sure to request Passport funding.

[www.dsontario.ca](http://www.dsontario.ca)

**Passport Funding** is a financial resource that is designed to provide opportunities for individuals to be actively involved in the life of their community as engaged citizens.

- Passport funding is considered individualized funding. While there are criteria in terms of how the funds are spent, the individual and their family have flexibility in determining how the funds are best spent.
- Individuals can use Passport dollars to cover tuition costs for post-secondary courses or community programs, or hire a person to help support them with activities that build skills or explore leisure opportunities in the community.

**Ontario Photo Card** is a government issued piece of identification similar to a driver's license.

- It makes travel or opening up a bank account easier.
- Individuals who do not have a driver's license, are a resident of Ontario and are 16 years or older can apply.



## **Ontario Disability Support Program (ODSP)**

is a provincial benefit that provides financial assistance for adults 18 years and older.

- This benefit is meant to assist with the cost of living expenses such as food and housing.
- Individuals may apply six months prior to their 18th birthday and may be eligible to receive health, drug, dental coverage and other benefits.

---

## **Ontario Works (OW)** provides income and employment assistance for individuals who are temporarily in need of financial help.

- To be eligible for this program, individuals need to be a resident of Ontario, have an immediate financial need and be willing to participate in employment activities.
- Individuals may also be eligible to receive health, drug, dental coverage and other benefits

## Appendix:

**Arch (Toronto)** - A community legal aid clinic that provides a broad range of services that promote social justice and full participation for individuals with a disability.

**Community Living Ontario** - A provincial organization that advocates for full inclusion of individuals with an intellectual disability in every part of community life. Local Community Living associations exist throughout the province and offer a variety of services related to housing, employment, education, and family, youth and civic engagement.

**Ontario Independent Facilitation Network** - OIFN is committed to facilitating change and customizing support in the lives of people with a developmental disability. This growing community of practice includes people with a developmental disability, family members, Independent Facilitators, and other allies interested in creating new ways for people to be supported, so that individuals with a developmental disability can direct their own lives as valued community members and full citizens.

**People First of Ontario** - Is the provincial body of self-advocates living with a developmental disability. PFO has local chapters throughout the province and its members focus on issues related to housing, employment, legal capacity and education.

**Public Libraries** - Most public libraries offer activities, programs and services for people of all ages. Click on the link to find a library close to you.

**YWCA Canada** - Offers shelter and supportive housing to women and their children, and teen girls across Canada. Most associations offer services in counseling, employment, literacy and life skills. Click on the link to find a YWCA in your area.

**Local Community Centres** - Just as libraries are a source unique activities, community centres also offer a wide range of activities and should not be overlooked. Some community centres also offer subsidies or inclusion supports for their activities.

**Autism Ontario** - Is the leading source of information and referral on autism and one of the largest collective voices representing the autism community. Members are connected through a volunteer network of chapters throughout Ontario.

**Centre for Addiction and Mental Health (CAMH)** - Is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the area of addiction and mental health. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.

The P4P Planning Network offers **FREE resources** designed to empower people with disabilities and their families to create meaningful lives and secure futures, firmly rooted in community.

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# Creating a Good Life in Community

## A Guide on Person-Directed Planning

Plain Language Version



**This *Person-directed Planning Guide* has been designed by:**

The Individualized Funding Coalition for Ontario  
[www.individualizedfunding.ca](http://www.individualizedfunding.ca)

**Writing Team:**

Charlotte Dingwall  
Kristi Kemp  
Barbara Fowke

**Funded by:**

Ontario Ministry of Community and Social Services

**Additional Copies can be obtained at:**

<http://www.mcass.gov.on.ca/CFCS/en/publications>  
[www.individualizedfunding.ca](http://www.individualizedfunding.ca)

**A more detailed version of this guide is available at the above websites.**

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## A message from the authors

This guide on person-directed planning has been written for you. Inside this guide, you will learn about:

- why it is important to build a life in the community
- how you might want to plan



Planning helps you build a good life in community!

## About some of the words in this guide

### Your life is changing (transition)

Transition means your life is changing. When your life is changing, it is time to make some choices.

An example of your life changing is when you leave high school. When you start life as an adult, you will have to start thinking about your future. You will want to make choices about:

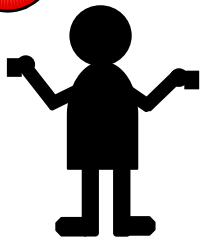
- |                 |                |                    |
|-----------------|----------------|--------------------|
| ▪ learning      | ▪ volunteering | ▪ participating in |
| ▪ relationships | ▪ work         | the community      |

## **Community**

‘Being in community’ is about our need to belong and be with others.

This guide will help you to think about how you can build a good life in the community.





# What is person-directed planning?

Person-directed planning is about you and your life, now and in the future. Planning helps you choose the actions to make things happen in your life.

A person-directed plan can help others understand:

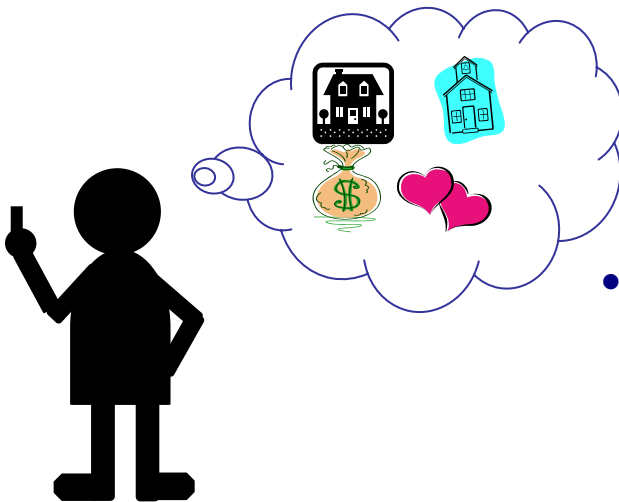
- what you want
- what you need
- how you want to do things
- who you want to help you





# Why is planning important?

Here are some of the reasons to plan:



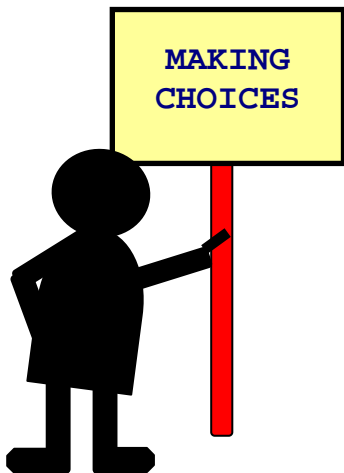
- Your life is changing



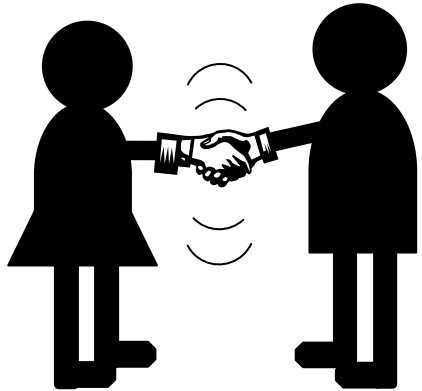
- To build a future



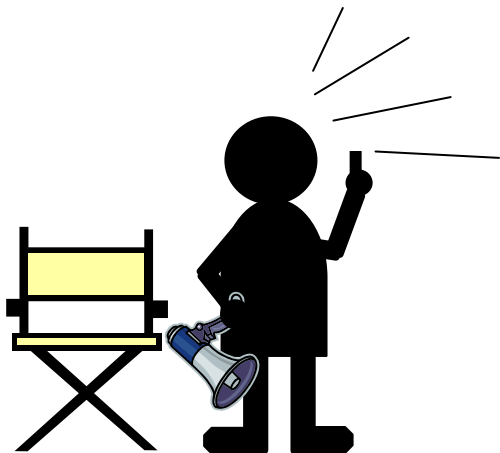
- To learn about and participate in your community



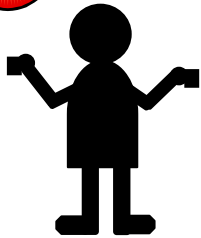
- To have more choice and control over your life



- To think about relationships
- To have more people in your life



- To tell other people the best ways to help you

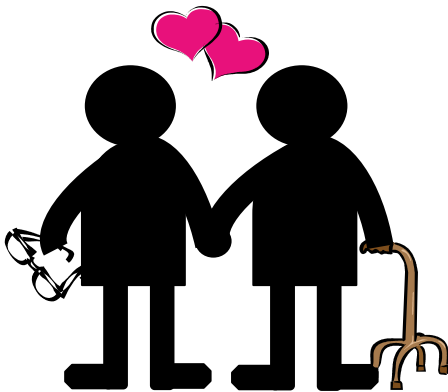


## Who can help you plan?

You will want to include people you like and trust to help you plan, like:

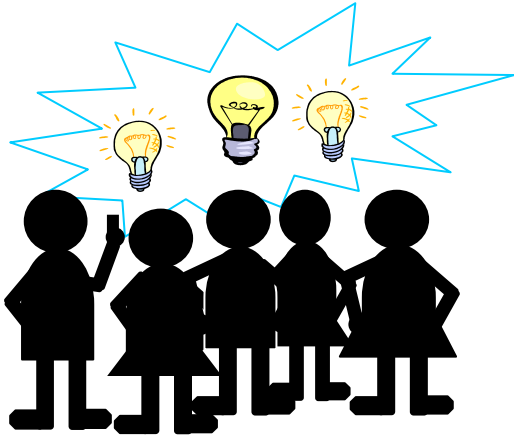


- family
- friends
- your support circle



- your boyfriend or girlfriend





- a facilitator
- other people

You probably **don't** want to invite people to help you plan if...

- they don't listen to you
- you don't trust them
- they don't understand you
- they don't believe in you



## Role of an independent facilitator

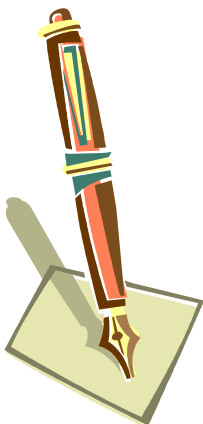
A facilitator is someone who...



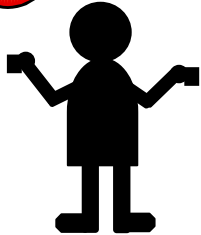
- Listens to you



- Asks questions that help you think about different things you can do in the community



- Writes things down



# How do you plan?

You might want to have a meeting with some of the people in your life to start planning.



You can meet wherever you want. For example:



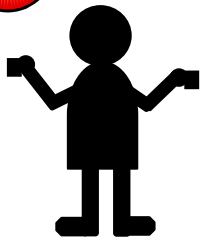
- **your house or a friend's house**



- **a library**



- **a restaurant, coffee house, or café**



# What is included in a plan?

It is your plan, so you get to choose what goes in it! A plan can have words, pictures, or both.

Your plan might also have information that helps people get to know you. This might include:

## Your vision



- your dreams
- your hopes for the future

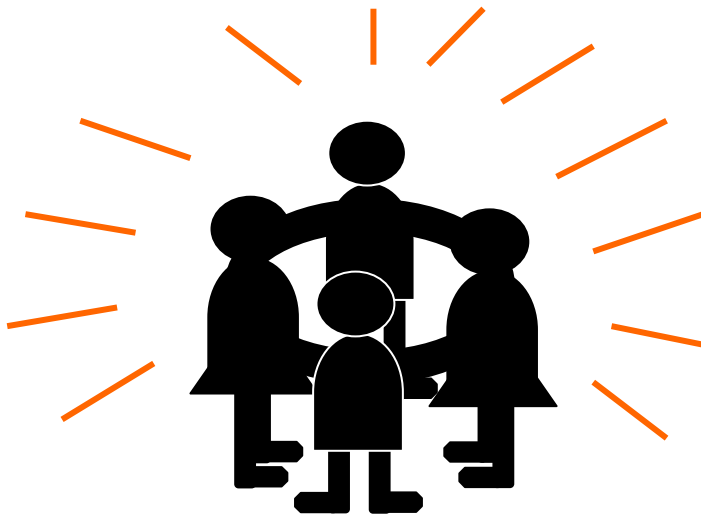
## Getting to know you



- routines that are important to you
- your history
- your likes and dislikes
- your health
- what you want to do in your life

## Your relationships

A plan also includes who is in your life right now.



Thinking about relationships is a good way to discover:

- who you might want to get to know better, and
- who you might be able to spend time with.



## Your talents and abilities

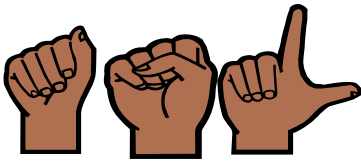
A plan should also talk about the great things about you, like:



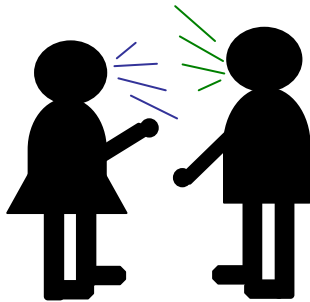
- your talents
- your strengths
- things you are good at
- things you enjoy doing
- things others count on you for
- things you would like to try

## How you communicate

It's also very important to make sure others understand how you communicate what you want and need. Not everyone talks with words. Instead, you might use:



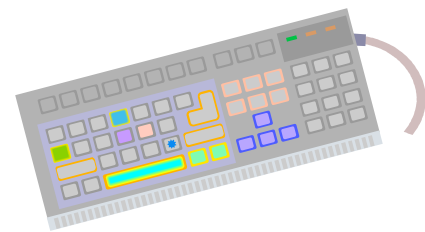
- sign language



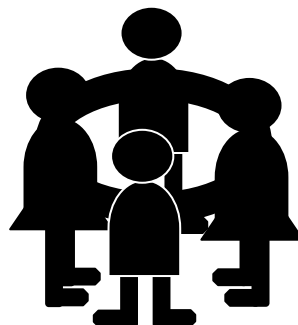
- sounds



- pictures



- a computer keyboard



- the understanding of your family and friends of what you want



## Exploring and knowing your community

It's good to find things that you are interested in doing. In your plan, you might talk about places:



- where you can learn
- where you can volunteer
- where you can work
- where you can become a member
- that are nearby in your neighbourhood
- that you go to regularly
- that give you a sense of belonging

## Your needs

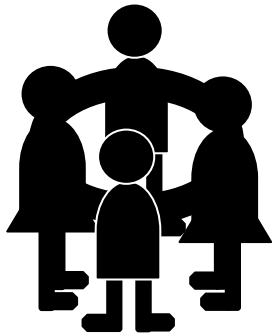
We all have certain needs to build a good life in community. It is good to put these needs in your plan. Some examples of your needs might be:

- daily routines
- experiences
- support
- relationships
- health
- safety and security
- learning
- transportation
- skills
- coaching

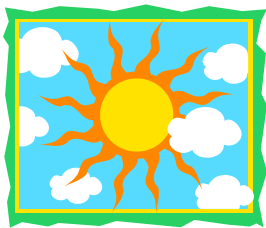


## Goals

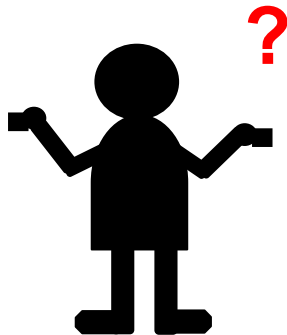
Goals help you figure out what you want to do in your life.  
Goals can include:



- who you want to have in your life



- how you want to spend your day, evening and weekends



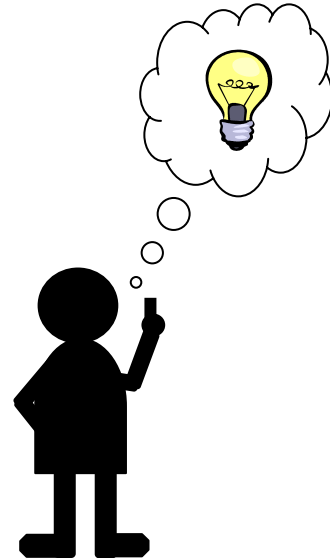
- where you want to work and volunteer

## An example of setting a goal

If one of your goals is to **find a job**, then there are thinking steps and action steps you can take to work towards your goal.

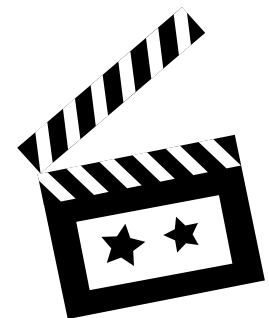
### Thinking steps

- think about the things you like to do
- think about the things you are really good at
- think about the things you would like to try



### Action steps

- match up the things you thought about with the kind of jobs you might do
- tell your family, friends, and supporters about the kinds of jobs you want so that they can help you look
- find out what the job is like by talking to people who are doing it now
- talk to an employment agency



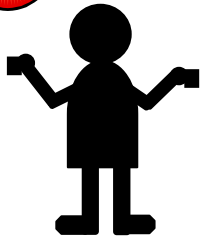
## Action

Your plan will not just be something that is written down on a piece of paper – you will need to act on it and make it happen. Your plan should answer these kinds of questions:

- What is going to happen?
- How is it going to happen?
- Who will help make it happen?
- When is it going to happen?

Person-directed planning **ALWAYS LEADS TO ACTION.**

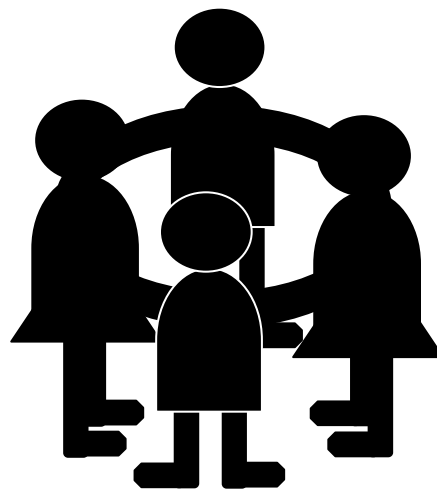


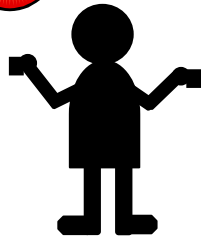


# What support do you need?

It is helpful to think about the kinds of support you will need to make your plan happen. Your plan will probably have things you can do on your own, and things that you will get help with. Some people who might help you are:

- friends, family, and support circle members, and
- paid support workers.





# Is everyone doing what they should be doing?

You will need to review your plan and make sure it still makes sense.

You might ask questions like:



- Does my plan still fit me?
- Do I want the same things as I did before?
- Do I still have the same goals?



- Are people doing what they said they would do to help me?

- What things have I already done?

- What things do I still need to work on?



- Is it time to make a new plan?





# What do you do with a plan?

You may want to use your plan to:



- direct your supports

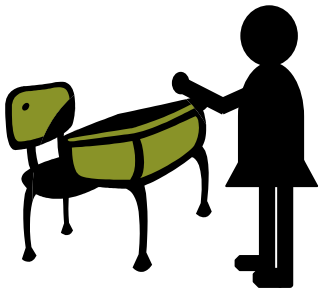


- apply for money to get the support you need



- work towards your dreams and goals

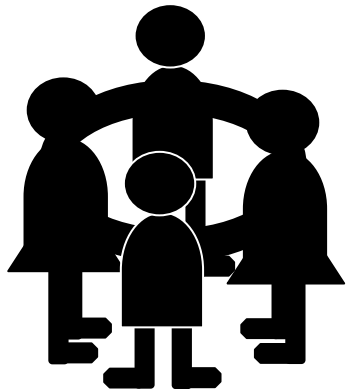
## Some of the things you might do are:



- to take a class



- to take art, dancing, or music lessons



- to join a club
- to make new friends



- to get a job or volunteer in the community

# A poem on planning

When asked what planning meant to her, Barb Fowke, a member of People First Ontario, wrote the following poem:

## Planning

★ Planning is preparing for the future ★ Planning is  
your day or preparing a meal or what to wear ★  
Planning is facilitating ★ Planning is an idea ★  
Planning is a journey ★ Planning isn't so easy  
sometimes ★ Planning is a lot of fun ★ Planning is  
listening to you and caring about your interests in  
what you do and what you want ★ Planning is a  
challenge ★ Planning is a helping hand ★ Planning  
is a goal that you wish to accomplish ★ Planning is  
a thought ★ Planning is an opportunity ★ Planning  
takes time, a long time ★ Planning is support ★  
Planning is having fun ★ Planning is a chance to  
make new friends ★ Planning is a choice ★

★ Planning is not sad, planning is happy ★



## About

Windsor-Essex Family Network is a grassroots, charitable organization committed to the work of 'families helping families'. Windsor-Essex Family Network is governed by a Board of Directors made up of a majority of family members who have relatives (son, daughters, brothers or sisters) living with a disability. We share our knowledge and partner as equals with others in the community who are also committed to strengthening and supporting families who have been touched by disability.

## Beliefs

- We believe in the value of family wisdom and knowledge
- We are committed to the full inclusion of individuals with different abilities into school and community life
- We believe that every individual and family must be respected, valued and supported in the community
- We believe that every person has important gifts to contribute to their community.
- We believe in the right to full citizenship.
- We value each person's individualism and their right to make choices and to direct their own lives.

## Families Helping Families

Families appreciate getting information and ideas from other families to learn more about school systems, social services, health supports and community participation and inclusion. Families also enjoy connecting with each other at events.

### Families Help One Another By:

- Sharing stories
- Volunteering
- Encouraging each other
- Building friendships
- Providing information
- Speaking with government about services and programs and how to make them better
- Making connections

### Contact WEFN Today:

Windsor-Essex Family Network  
7025 Enterprise Way  
Windsor, ON N8T 3N6

**Email:** [info@windsoressexfamnet.ca](mailto:info@windsoressexfamnet.ca)

**Phone:** 519-974-1008

**Office hours, by appointment:**  
Monday-Thursday 9:30 – 3:30PM

### **Is Independent Facilitation for You?**

- Do you believe that you should have the same opportunities as everyone, recognizing you may need supports in place to make your dream of a good life in your neighbourhood and community come true?
- Do you believe you can direct your life when you have good information and support to make decisions?

*If so, independent facilitation may be for you.  
It is not a fit for all people and families, and that's okay.*



Contact us today to learn more about how Brokerage may be able to support you on your life journey.

3357 Walker Road, Unit #2  
Windsor, ON N8W 5J7

Phone: 519-966-8094 | Fax: 519-966-8390 | E-mail: [info@webps.ca](mailto:info@webps.ca)

[www.webps.ca](http://www.webps.ca)



**Contributions. Citizenship. Freedom**

*Windsor Essex Brokerage for Personal Supports is built on the belief that individuals and families need good information to make good decisions.*

## What is Windsor Essex Brokerage for Personal Supports?

Windsor Essex Brokerage for Personal Supports (Brokerage) is a non-profit organization. We receive annual funding from the Ministry of Children, Community and Social Services to provide **independent facilitation**. We use the word independent because we work solely for you and your family. We do not have any direct support often provided through other service organizations.

## What is Independent Facilitation?

Independent facilitation is an ongoing relationship that is designed to assist people with disabilities over time as they work to create change in their lives. Through conversations, a plan for your life can be developed based upon what you want now *and* in the future.

The people who provide independent facilitation are called **independent facilitators**. Independent facilitators are similar to a coach or a guide. A facilitator will work alongside you and your family/trusted friends on a timeline that works for everyone! This could refer to how often and when we meet. Independent facilitators are free to meet during the day, in the evenings, or on weekends. Your independent facilitator will meet with you and your family, friends, and loved ones that you want to be with you.

Sometimes it can take a long time to figure out what we want in life. To get started, we will meet about what is happening in your life and what changes you would like to make. We will also focus on what you are good at, what you like and dislike, and what support you need to have a full life in your neighbourhood and community. We will give you ideas and information that are custom to the life you want to live. We can also assist you with **brokering** agreements for services. This means we will work with you and the support providers of your choice to review options and choose the services and supports you want and need.

Some of the things you could talk about with your facilitator are:

- Graduating from high school and what comes next
- Going on to post-secondary education (college/university)
- Working
- Volunteering
- Where you may live in the future
- Accessing leisure and recreation

## Who Can You Expect to Connect With?

The connections you make are up to you and what you would like to do! Here are some ideas you might think about, but not all:



### Circles of Support

- Parents
- Brothers
- Sisters
- Aunts
- Uncles
- Cousins
- Friends
- Neighbours



### Your Neighbourhood and Community

- A home of your own
- Community and Cultural Centres
- Public Libraries
- Churches
- Schools
- Arenas
- Restaurants



### Transportation

- Transit Windsor
- Carelink
- Handi-Transit
- Uber
- Taxi Services
- Carpooling



### Leisure and Recreation

- Fitness Centres
- Art Classes
- Sports Teams
- Cooking Classes
- Festivals
- Dance
- Theatre
- Choir



### Employment

- Volunteering
- Resume Workshops
- Employment Agencies
- Mentoring



### Education and Lifelong Learning

- Adult Literacy Courses
- St. Clair College
- University of Windsor
- Online Classes
- Tutoring
- Self-Development





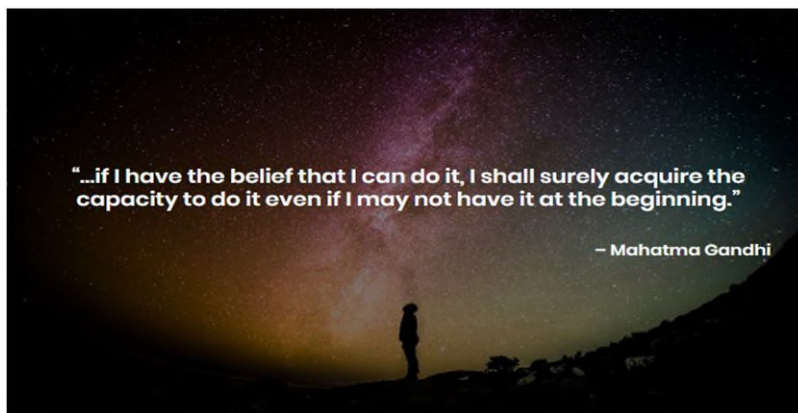
## Youth Transition Planning and Facilitation

Young people who are 13-18 years old and live with a developmental disability can meet with an independent facilitator to help plan for their life after high school.

There are many questions that teenagers are asked as they prepare to move from high school to adulthood. An independent facilitator can help young people and their families to start to think and make choices about:

- What to do after high school (work, post-secondary education, volunteering)
- What resources and supports are available to you (community connections, customization of support options, etc.)
- Where you want to live when you are an adult
- How you want to be part of and give back to your neighbourhood and community
- Who you trust and want to be in your life

In **one-on-one meetings**, your facilitator will meet you and your loved ones in your home or at a place of your choice to talk about your goals and dreams, identify next steps, and make plans for the future.



You will also be invited to participate in various **group gatherings** or information and strengthening events where you can connect with other people and families, build relationships, learn together, and share resources and experiences.

This work is founded on the principles of individual and family empowerment.

Young people and their families are supported to:

- Strengthen their voices
- Build their leadership skills
- Nurture their connections to natural supports and neighbourhood and community resources
- Expand their knowledge and understanding of Developmental Services

People and families need to know and understand all of their options. Facilitators assist people and families to explore the opportunities, services, and supports that are available to all citizens and community members, regardless of whether or not they have a disability.

For more information, please contact Jessica Kitchen at **519-567-8489** or [jessica@webps.ca](mailto:jessica@webps.ca)

## Transition Planning in School

### Did You Know?

A transition plan must be developed for *all* students who have an Individualized Education Plan (IEP). It forms the last page of a student's IEP and, it is mandatory. It needs to be part of the conversation and discussed and/or updated during *every* IEP meeting.

It will help guide the student's future course selections, determine appropriate and relevant cooperative education (co-op) placement opportunities, and provides an early focus on the student's pathway towards life after high school.

The components, expectations and responsibilities below are taken from a variety of sources.

### **Transition Planning: A Resource Guide (2002)**

#### ***"The Student is The Central Role in Transition Planning"***

- The transition plan should strike a balance among the student's ideal vision of the future, the limitations or barriers to this vision, and the extent to which these limitations & barriers may be overcome with support.
- The student identifies long-term goals and reviews them in the light of his or her interests, skills, and abilities.
- In all cases, the student should take as much responsibility as possible for planning his or her own future.
- The student assumes responsibility for identifying goals and the steps needed to achieve those goals.
- The student should be given as much of an opportunity and responsibility as possible in determining his or her goals and the actions required to achieve these goals.

#### ***"The Student Takes Action to Achieve Their Own Goals"***

- By grade 7, the student explores and begins to define his or her interests, skills, and abilities.
- By grade 10, the student engages in community volunteer and/or work placement experiences.
- By grade 10, the student explores options for post-school living arrangements.
- By grade 12, the student should receive assistance from their support network to conduct an active search for post-school employment (if employment is a goal).

#### ***"The Student is Supported to Participate and Lead"***

- Where the student requires support or assistance to identify needs, strengths, and goals, the appropriate members of his or her support network should be included in all phases of the development, implementation, and evaluation of the transition plan.



- Persons who may play a support role for the student include parents, other family members, an advocate or friend, & attendants or support workers.

***“The Transition Plan...”***

- Is consistent with the IPRC and IEP, including IEP goals that reflect the student’s goals and maintain provincial curriculum expectations as much as possible.
- Must be consistent with the IEP curriculum-related goals, learning expectations, supports, and accommodations.  
To achieve this, the IEP should be reviewed and revised in its entirety in light of the transition plan.
- Identifies goals for work, further education, and community living, for the student and his or her family and personal support network
- Reflects actual opportunities and resources that are likely to be available after the student leaves school;
- Are achievable by the student, given appropriate supports;
- Defines the actions that are necessary year by year to help the student achieve his or her goals;
- Clarifies the roles and responsibilities of the student, family, and others in carrying out these actions.  
Can serve as a guide for course selection

***“The School Board Will...”***

- Provide teachers with in-service training and ongoing advice and problem-solving assistance to teachers;
- Lead the transition-planning process for some students with high or complex needs;
- Develop an inventory of available agencies, services, or support systems;
- Maintain a “library” of resource materials on transition planning;
- Monitor individual student transition plans and work with teachers to achieve improvements.

***“Policy/Program Memorandum (PPM) 156, 2013”***

***Supporting Transitions for Students with Special Education Needs***

- Every transition plan will identify specific transition goals, support needs, the actions required to achieve the goals, roles and responsibilities, and timelines for the implementation and/or completion of each of the identified actions.

***“The School Board Will Assemble a Collaborative Team”***

- The school principal is responsible
- All transition plans must be developed in consultation with the parent(s), the student (as appropriate), the postsecondary institution (where appropriate), and relevant community

***Provincial Transition Planning Framework (2011)***  
***“The School Board Will...”***

- Begin early, by age 14.
- Review the plan at least annually.
- Provide opportunities for the individual and their parent or guardian to participate throughout the planning process.
- Identify an individual who will assist the young person and his or her family, and facilitate information exchange, throughout the integrated transition planning process (transition planning lead). Assign the task & activity responsibilities of “team” members.

## One Page Profiles

A One Page Profile is a document that outlines the most essential information about a person on a single sheet of paper under three simple headings:

- ***what people appreciate about me***
- ***what's important to me***
- ***how best to support me***

One Page Profiles are markedly simple, and in this simplicity lies their strength. When given the opportunity to choose the qualities, interests, and ideas that a person wishes to include in their One Page Profile, the person's voice is clearly heard and understood. This acknowledgment of what matters most to the person and how to best support them to live their life leads to strong relationship building. Family members, friends, service providers, and other supporters are then able to gain a true appreciation for the person's unique gifts, passions, and goals and what works and does not work for the person.

By creating a One Page Profile, you are able to provide a record that can move with the person as they transition through various stages in their life. A One Page Profile is a fluid document, meaning that it is constantly being updated to better reflect people's changing needs, circumstances, and aspirations.

If you want to learn more and/or require assistance to create a One Page Profile, please contact Family Respite Services, Windsor Essex Brokerage for Personal Supports, or find additional resources online at:

<https://planyourtransition.com/creating-a-full-life/helping-people-know-more-about-your-son-or-daughter-developing-one-page-profiles/>

# Getting started with One Page Profiles

## What people APPRECIATE about me

This section is a list of your positive qualities

WRITE THEM HERE .....

A list of your characteristics that people value and appreciate about you.

### USEFUL QUESTIONS:

- What do people thank you for?
- What characteristics do people admire about you?
- What would your partner, family and best friend say they love or value about you?
- What is the best compliment you have been paid?
- What do you think your best qualities are?

## How to SUPPORT me

This section is what others need to know or do to support you to be at your best

### USEFUL QUESTIONS:

- Think about what a good day is like for you at work, and a bad day as well
- Is there anything that other people need to know or can do to help you have more good days and less bad days at work (within reason!!)?
- What makes you feel better when you are stressed, unhappy or unwell?
- What can others do to help when you are stressed or unwell?
- If someone was new to your work, what would they need to know or do to be able to get on really well with you?

..... WRITE IN HERE

## What is IMPORTANT to me

..... WRITE IN HERE .....

This section describes what really matters to you - the people, places, routines and aspects of your life that reflect who you are, and what is important to you.

### USEFUL QUESTIONS:

- Who are the people who mean the most to you? How often do you see them? When? Where?
- What would you never leave home without?
- What do you always carry around with you in your bag or pocket?
- What would you usually do each week, weekend and miss if you could not e.g. TV programmes, hobbies, interests, people you see, places you go?

### USEFUL QUESTIONS:

#### PEOPLE

- Who are the people who mean the most to you?
- How often do you see them? When? Where?

#### IF I COULD...

- If you had a whole day to do whatever you wanted – where would you like to go?
- Who would you spend it with?
- What would you do?

#### I USUALLY... I ALWAYS...

- What does your typical week look like in the evenings?
- What would you usually do each week and would miss if it did not happen? e.g. TV programmes, hobbies, interests, people you see, places you go?

#### FAVOURITES

- What is your favourite way to spend a weekend?

## What next

Look back at your first draft

Now that you have some ideas and notes, start creating a detailed One-Page Profile. Go from one word to detailed bullet points (it cannot be too detailed)

- **INSTEAD OF** just 'family' write – my partner Dave, and his daughter Lucy, and grandson Oliver. We have Sunday lunch together each week without fail.
- **INSTEAD OF** 'Communication' write – email works best for me to stay in touch, I check it everyday at 8am
- **INSTEAD OF** 'holidays' write – getting a week in sun every year when I can afford it - usually Spain in August
- **ALWAYS USE** a recent, good quality photo of the person



# One Page Profiles

A good one-page profile makes you feel like you have met the person, just from reading it.  
Check your one-page profile is the best it can be.

1

## Is it detailed?

Great one-page profiles go beyond one or two words, they explain how often, who with, when and where too.

Instead of this – “cycling”

It is better to write this – “My bike and the freedom it gives me. I aim to get out on it three times a week for a minimum of at least 20 minutes but a full hour of cycling is best.”

2

## Is it specific?

Look out for the word ‘regularly’ – it could mean daily, weekly, monthly or annually.

Instead of this – “going swimming regularly”

It is better to write this – “To go swimming every Monday evening with my friend Susan, and then to have a cappuccino in the cafe afterwards for a good chat.”

3

## Could you use it?

The 'how to support me' section should give you good specific information, so that if you had to support that person, or be part of their team, you would know exactly how to do this well.

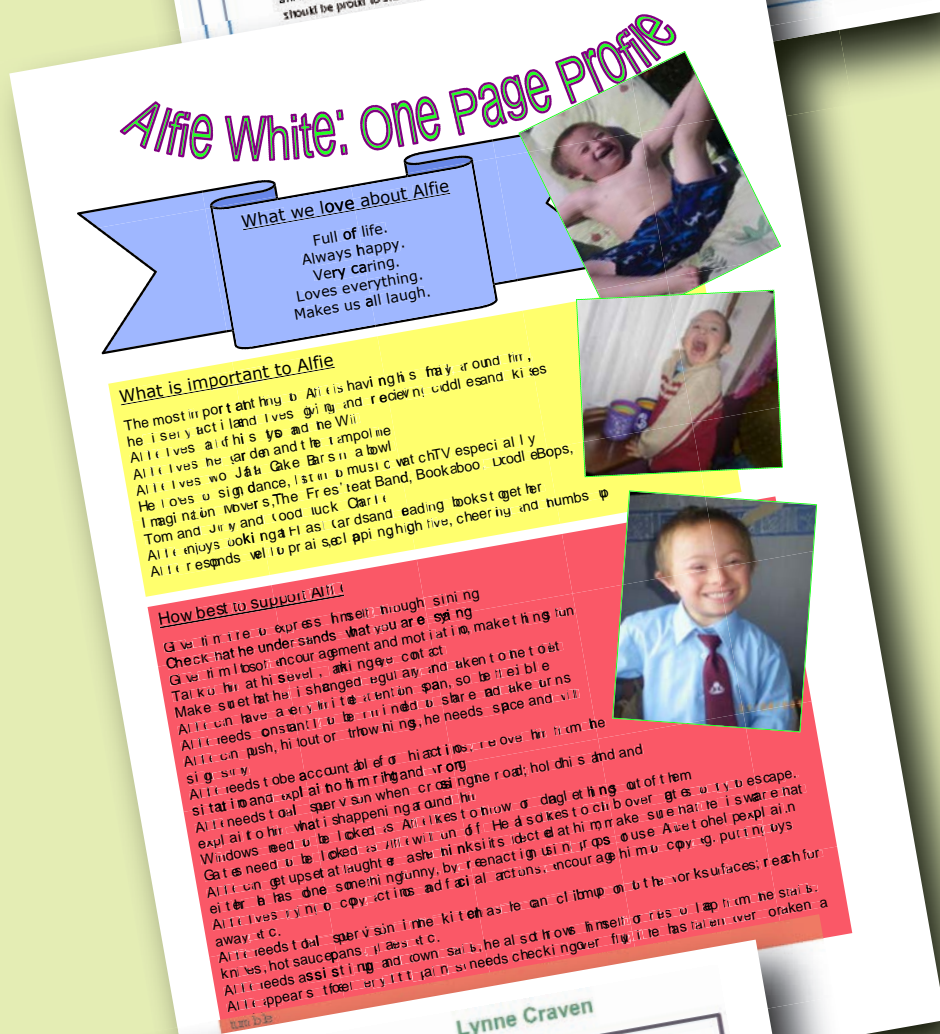
"I do not like wasting time - if you are going to be late, please let me know."

"I don't like to be rushed, so give me time to answer questions. If you think I haven't understood, ask me again, but use the same words."

"When I am anxious I squeeze my hands together tightly. If you notice this, give me my stress ball and that will help me to relax."

## Now check...

You know you have a great one-page profile, when you could take the name and photo off the profile and people would still recognise the person from the information on it. Try it out and see for yourself!





# Jane Days

Age: 17

## What people appreciate about me...

- Kind
- Hard Working
- Funny
- Energetic
- Caring
- Athletic
- Organized
- Gentle
- Good with technology



## What is important to me...

- Family
- Sports
- Music
- Movies
- My Pets
- Cooking
- Parties
- Friends
- School
- Music
- Helping people
- Computers

## How to support me...

- Explain things to me in a simple way
- Show me how to do something. I am a visual learner
- Give me time to get use to a new environment
- If I need to focus I need a quiet space with few distractions.

Technology  
fascinates me and I  
want to learn how  
computers work

## What you NEED to know about me...

- I find it hard to concentrate if there a lot of noise. I am very afraid of dogs and need to know you will help keep me safe.
- If I am learning something new you need to show me and use simple words.
- I have a good day when I am busy and active.
- I like my schedule and need time to process if my schedule is going to change.

# John Smith

Age: 17

## What people appreciate about me...

- Great sense of humour
- Loves sports
- Easy going
- Kind – thinks of others
- Great at video games
- Good with technology



## What is important to me...

- Spending time with friends
- Parties
- Sports – hockey and baseball
- Friends
- Live concerts
- School – getting my grade 12
- Movies
- Music – learning to play the guitar
- Playing video games
- Computers

## How to support me...

- Let me direct my day
- Give me time to process information
- Thinking about accessibility – you need to know that the places I go need to be accessible
- Assist me to learn how to do things for my self

I love computers  
and want to get a job  
in the tech world.

## What you NEED to know about me...

- I need help to make healthy choices around my meals.
- I need things to be accessible so I can be independent as possible in my environment.
- I love to be a part of my community and do the same things as others my age.
- I have a good day when I choose how to spend my day.

## **F-Words**

### **What Are They & Why Are They Important?**

The *F-Words* are **Function, Family, Fitness, Fun, Friends, and Future**.

These words have proven to be so important for children and young adults when conveying to service providers, teachers, and support staff what is important to them.

An *F-Words document* represents an informal, but serious pact between the child and whoever they rely on for support. Depending on the preferences of the person and their family members and/or loved ones, *F-Words* can be presented in several different forms, such as:

- an agreement
- a collage
- a profile
- a goal sheet

Regardless of the format the person chooses, this resource represents the same fundamental information, providing a record that a child can take with them as they transition through various stages in their life. *F-Words* templates and resources are fluid, meaning they can be updated at any time and as frequently as needed.

If you want to learn more and/or require assistance to create an *F-Words document*, please contact Family Respite Services, Windsor Essex Brokerage for Personal Supports, or find additional resources online at:

<https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability/f-words-tools>



# 's F-words Profile



Birthdate:

Town:

Languages:

FUNCTION (My strengths or how I do 'stuff'...):

FAMILY (My family is...):

FITNESS (I stay fit by...):

FUN (I like...):

FRIENDS (My friends are...):

FUTURE (My goals are...):

# The 'F-Words' for Child Development

Dear Parents...

## Have you heard of the 'F-Words' for Child Development?

These are six **F-words** (**F**unction, **F**amily, **F**itness, **F**un, **F**riends and **F**uture) that are grounded in the World Health Organization's International Classification of Functioning, Disability and Health (ICF) framework (WHO, 2001). The F-words focus on six key areas of child development.

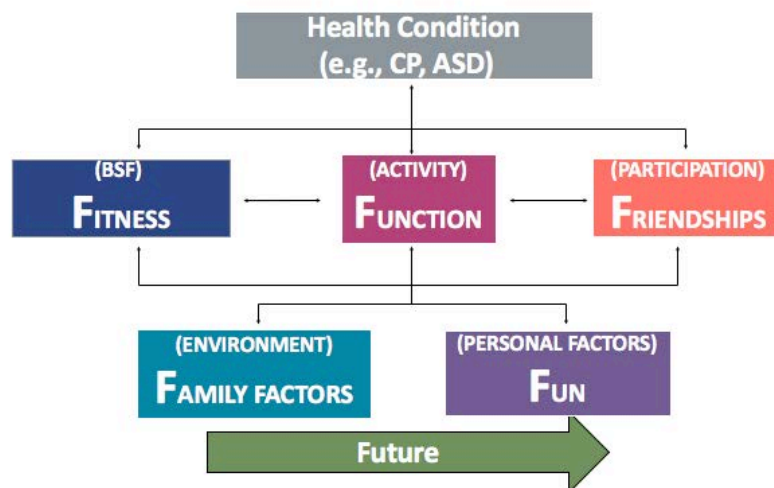
**Function:** Refers to what people do – how things are done is not what is important.

**Family:** Represents the essential environment for all children.

**Fitness:** Refers to how children stay physically active, including exercise and other recreational opportunities. **Fun:** Includes particular activities children are involved in or enjoy participating in.

**Friends:** Refers to the friendships established with peers; social development is an essential aspect of personhood.

**Future:** This is what childhood development is all about! Refers to parents and children's expectations and dreams for their future.



The 'F-words' adaptation of WHO (2001) ICF Framework (Rosenbaum & Gorter, 2012)

## Tips for using the F-words!

- Focus on your child's abilities, talk to the school team about what your child **can do** and their **strengths** to help achieve school goals.
- **Complete the F-words advocacy letter to give the school team** as a way to begin engaging with your child's school service providers.
- Complete the **F-words tools** with your child to showcase to the school team what your child enjoys (e.g., what they do for **fun**, how they **stay active**, and their interests to help with **participation and friendships**).
- Always think about your **child's future**. Complete the **F-words goal sheet** with the school team to establish school-based goals for your child.



# Moving the F-words into schools!

## Introducing the F-words Tools

F-words agreement, F-words collage, F-words profile, F-words goal sheet and F-words advocacy guide/letter for schools!

### How can each tool help you?

**Agreement:** Fill out the agreement with your child and share this with the school team to show them what is important to your child.

**Collage:** Make an F-words collage with your child! This provides a visual way to show the school team what is important to your child.

**Profile:** Complete the F-words profile to give to the school team to keep for your child's file.

**Goal sheet:** Work with the school team to prepare school-based goals for your child based on the F-words. Discuss why these goals are important for you and your child.

**Advocacy letter:** Create your own advocacy letter when your child is beginning a new school or at the beginning of an IEP meeting. Fill in the letter and hand it in with the other F-words tools for your child's file.

### F-words Agreement tool template:

Add a photo of yourself here!  
(Select .jpeg or .png files)

's F-words Agreement

f-words  
for  
Child Development

By: \_\_\_\_\_ Age: \_\_\_\_\_

☺ Please consider these things when we work together ☺

**FUNCTION** - I want to do stuff! It may not matter if I don't do it like everyone else!

**FAMILY** - They know me best and I trust them to do what's best for me.  
Listen to them. Talk to them. Hear them. Respect them...

**FITNESS** - Everyone needs to stay fit and healthy and I am no different.  
I might need to use different ways of getting fit and staying fit and need help to do this....

**FUN** - Whatever floats my boat!!.....

**FRIENDS** - to meet, get to know, have fun with, to learn with, to grow old with....

**FUTURE** - The future is Now - Tomorrow is what I make of today.  
I don't want opportunities to pass me by. Help me achieve what I can today.

Thank you



© Diane Kay, Parent (2013)

### F-words Profile template:

Add a photo of yourself here!  
(Select .jpeg or .png files)

's F-words Profile

f-words  
Child Development

Birthdate: \_\_\_\_\_  
Town: \_\_\_\_\_  
Languages: \_\_\_\_\_

FUNCTION (My strengths or how I do 'stuff'...):  
\_\_\_\_\_  
FAMILY (My family is...):  
\_\_\_\_\_  
FITNESS (I stay fit by...):  
\_\_\_\_\_  
FUN (I like...):  
\_\_\_\_\_  
FRIENDS (My friends are...):  
\_\_\_\_\_  
FUTURE (My goals are...):  
\_\_\_\_\_

CanChild

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Learn more about the F-words by reading the original F-words publication (**Rosenbaum & Gorter, 2012**) or visit the F-words Knowledge Hub at: [www.canchild.ca/f-words](http://www.canchild.ca/f-words)  
'F-words' tools can be downloaded for free from the Knowledge Hub.

Have questions about the F-words?

Contact us @  
[canchild@mcmaster.ca](mailto:canchild@mcmaster.ca)



© Tomas, Coburn & Cross, 2019

# My F-words Goal Sheet



Name:

Today's Date:

**Instructions:** Please use this form to write down one goal for each of the F-words – Function, Family, Fitness, Fun, Friends & Future and explain why this goal is important to you. These can be goals you would like to work on at home, in therapy, in school, and/or in the community. Together let's work on the goals that are meaningful to you!

## FUNCTION:

Goal:

Why?!

## FAMILY:

Goal:

Why?!

## FITNESS:

Goal:

Why?!

## FUN:

Goal:

Why?!

## FRIENDS:

Goal:

Why?!

## FUTURE:

Goal:

Why?!

# 's F-words Agreement



By:

Age:

☺ Please consider these things when we work together ☺

**FUNCTION** - I want to do stuff! It may not matter if I don't do it like everyone else!

**FAMILY** - They know me best and I trust them to do what's best for me.  
Listen to them. Talk to them. Hear them. Respect them...

**FITNESS** - Everyone needs to stay fit and healthy and I am no different.  
I might need to use different ways of getting fit and staying fit and need help to do this....

**FUN** - Whatever floats my boat!!.....

**FRIENDS** - to meet, get to know, have fun with, to learn with, to grow old with....

**FUTURE** - The future is Now - Tomorrow is what I make of today.  
I don't want opportunities to pass me by. Help me achieve what I can today.

Thank you

**Financial Assistance**

**Over 18 years**

# FINANCIAL ASSISTANCE

## **Assistance For Children With Severe Disabilities (ACSD):**

ACSD assists children with disabilities to live as normal a life as possible under parental care by providing a financial benefit to parents to help meet the ongoing extraordinary costs arising from the disability.

Who can apply? Parents, who have a child under the age of 18 who are residents of Ontario, live at home, and have a severe functional loss, with ongoing extraordinary costs.

What type of assistance? Financial entitlements vary from \$25 a month to a maximum of \$425 a month. Entitlement is income tested based on gross income. The amount of entitlement depends on family size, gross family income, and approved ongoing extraordinary costs directly related to the child's disability, (ex. transportation to treatment related or medical appointments, parking fees for appointments, parental relief, extraordinary babysitting costs, medical costs, summer camp fees, and other items based on individual needs of a child may be considered). Additional benefits once ACSD is approved include: drug card, dental card, eyeglasses, and/or hearing aids coverage.

Note: Verification from a physician regarding the child's disability is required as part of the application.

To Apply: Applications are available by calling your local Ministry of Community and Social Services office at (519) 254-1651 ext. 2298 or 1-800-387-7327 ext. 2298, or at the following link: [www.acsdapply.mcscs.gov.on.ca](http://www.acsdapply.mcscs.gov.on.ca)

## **Disability Tax Credit (DTC):**

The DTC is known as the "disability amount" on your income tax return. The DTC reduces the amount of income tax that a person with a disability, or their supporting person, might otherwise have to pay. If you have a child with a physical disability and/or developmental disability, you may be eligible to submit Form T2201 with your tax claim. A qualified practitioner must certify on Form T2201, Disability Tax Credit Certificate, that the child's impairment meets certain conditions.

To Apply: For more details contact Canada Customs and Revenue Agency at 1-800-387-1193 or visit the CCRA website at [www.ccr.ca/benefits](http://www.ccr.ca/benefits)

## **Child Disability Benefit (CDB):**

The CDB is a tax-free monthly benefit for families who care for a child under the age of 18 with a severe and prolonged physical or mental impairment. An impairment is prolonged if it has lasted or is expected to last for a continuous period of at least 12 months. Families, who are eligible for the Canada Child Tax Benefit (CCTB) for a child, will receive the CDB only if the child is also eligible for the Disability Tax Credit.

To Apply: Submit a completed Form T2201, Disability Tax Credit certificate to The Canada Revenue Agency (CRA). The CRA will determine whether or not you are eligible to receive the disability amount and the CDB supplement. You can send the form in at any time during the year. Visit [www.servicecanada.gc.ca/eng/goc/cdb.shtml](http://www.servicecanada.gc.ca/eng/goc/cdb.shtml) for more information.

### **Registered Disability Savings (RDSP):**

An RDSP is a savings plan that is intended to help parents and others save for the long-term financial security of a person who is eligible for the Disability Tax Credit (DTC). The government of Canada will pay matching grants to a person's RDSP depending on the beneficiary's family income and the amount contributed. The government of Canada will also pay Canada disability savings bonds of up to \$1000.00 a year to low-income Canadians with disabilities. No contributions are required to receive the bond.

Who is eligible? Persons eligible for the Disability Tax Credit, with a valid social insurance number (SIN), residents of Canada at the time the plan is entered into, and under the age of 60 years.

To Apply: To open an RDSP, a person who qualifies to be a holder of the plan (person making or authorizing contribution on behalf of the beneficiary) must contact a participating issuer that offers RDSP's. Generally, financial institutions are the issuers of RDSP's. Contact 1-800-959-2221 or visit [www.cra.gc.ca/forms](http://www.cra.gc.ca/forms) for more information.

### **Special Services At Home (SSAH):**

The SSAH program provides funding to assist with:

- Personal Development and Growth – these are individual developmental programs that are time-limited and help the individual achieve a specific goal; and/or
- Family Relief and Support – This provides respite/relief for the caregiver and is related to support services in and out of the home of the family.

Who can apply? Parents who have a child between the ages of 0 and 18 years old, with a developmental and/or physical disability and who are residents of Ontario.

Note: Verification from a physician regarding the child's disability is required as part of the application. Family income is not considered as part of eligibility assessment.

To Apply: For assistance, please contact

- Family Respite Services 519-972-9688
- For more information visit: <https://www.ontario.ca/page/special-services-home>

### **Diaper Grant:**

The Diaper Grant is also known as the Incontinence Supplies Grant Program for Children & Youth with Disabilities, which is administered through the Easter Seals Society.

Who can apply? Ontario residents between the ages of 3-18 years of age, who have a chronic disability resulting in irreversible incontinence or retention problems requiring them to use incontinence supplies, (such as diapers or catheters).

What type of assistance? For children age 3-5, \$400/year; for children age 6-18, \$900/year.

Note: Persons with bedwetting (enuresis) or stress incontinence are **not** eligible to receive this grant.

To Apply: Applications are available by calling 1-800-278-7797 or online at the following link: <http://www.easterseals.org/services/default.asp?load=incontinence>

**\*\* NOTE:** As a community partner, JMCC is pleased to provide information about community resources that may be of interest to clients and their families. Availability does not mean that we have reviewed them or constitute an endorsement by us. JMCC does not assume any responsibility whatsoever for such resources. **For more information on funding programs, see [www.jmccentre.ca](http://www.jmccentre.ca).**



## **What is Special Services at Home?**

### **Support for Families Who Have Children with Physical or Developmental Disabilities**

The Special Services at Home program helps families who are caring for a child with a developmental and/or physical disability. The program is funded and managed by the Ministry of Children, Community, and Social Services (MCCSS). The program helps families pay for certain kinds of special services in or outside the family home.

#### **Eligibility**

- Children who are under the age of 18 with a diagnosed physical or developmental disability
- Children living in Ontario
- The child lives at home with their family and not in a residential service program

**\*\*Note that this funding does not continue after your child turns 18 years of age.**

#### **Funds Can Be Used For:**

- To help the child learn new skills and abilities. However, they **cannot** be used to fund professional services and therapy such as speech and language, psychology, ABA, physiotherapy, OT, etc.
- To purchase the services of a Direct Support Provider (DSP) for a few hours to give the family a short break from caregiving and/or assist their child with personal development and growth
- To contract with a DSP who can provide support to assist their child to participate in community activities
- To cover the extraordinary cost of child care for school age children
- To purchase nursing respite in the family home
- To provide supervision for other members of the family or other services so you can have more time to spend with your child who has special needs
- To pay for registration for recreation programs and camps

#### **How Do I Apply?**

In Windsor and Essex County all applications for Special Services at Home (SSAH) are submitted through Family Respite Services Windsor-Essex. An application is completed and submitted to MCCSS. The Ministry reviews the applications and makes funding allocations each year. Assistance is available through FRS to complete the application process. You will need a medical statement or psychological assessment in this process.

**How Much Funding Will I Receive?**

- The amount of funding a family receives is determined by MCCSS. The Ministry considers the type and amount of service that the child needs; what other help is available in the community and what kind of support the family is receiving. Funding decisions are made periodically each year as funding is available.

**How Do I Administer Funds?**

- Families can administer the funds themselves if they choose. This means that the family arranges for the purchase of the approved services and sends an invoice to the Ministry in London to be reimbursed up to the amount of funding approval.
- Families can also arrange for FRS to administer the funds and hire the DSP. SSAH funding can be used to hire eligible family members who are over the age of 18 as long as the person is not a parent, primary caregiver or stepparent.

**For More Information**

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

<http://www.children.gov.on.ca/htdocs/French/specialneeds/specialservices.aspx>

**Contact**

Family Respite Services  
2565 Ouellette Ave. Suite 150  
Windsor, ON  
(519) 972-9688  
[www.familyrespit.org](http://www.familyrespit.org)

# Ontario Autism Program (OAP) Contact Information

## The Ontario Autism Program

The Ontario Autism Program (OAP) is funded through the Ministry of Children, Community and Social Services (MCCSS).

### Who can register for the Ontario Autism Program?

All the information you need about this government program and how to register is located at:  
<https://www.ontario.ca/page/ontario-autism-program>

To register for the Ontario Autism Program, your child must:

- be under age 18
- currently live in Ontario, and
- have a written diagnosis of autism from a qualified professional

## If your child or youth is not diagnosed with Autism

To have your child or youth assessed to determine if they have autism, you can do one of two things:

### 1. Complete a referral for the ASD Diagnostic Hub – West Region

Children and youth may be referred for a free diagnostic assessment at the West Region Autism Spectrum Disorder (ASD) Diagnostic Hub at McMaster Children's Hospital/Ron Joyce Children's Health Centre

905-521-2100 ext 78222

[DPR-intake@hhsc.ca](mailto:DPR-intake@hhsc.ca)

Visit <https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-ofcare/developmental-pediatrics-and-rehabilitation/asd-diagnostic-hub/>

Then scroll down the page to *Referral Process* to find the form that you need to complete and have signed by your doctor.

## 2. Visit a qualified professional

You can also obtain a diagnostic assessment for your child or youth from a qualified professional who has undergone specific training. These professionals include, but are not limited to:

- doctors, such as family physicians, pediatricians, developmental pediatricians and psychiatrists
- psychologists and psychological associates
- nurse practitioners

## If your child or youth is diagnosed with Autism

### Register your child/youth with the OAP!

We encourage all families of children and youth who have a written, confirmed diagnosis of autism or ASD, to [register with the government of Ontario's OAP](#). There are many services and supports across the province that you can access once your child/youth is registered.

To register, or if you have questions:

### MCCSS Central Resource Team

1-888-444-4530

[oap@ontario.ca](mailto:oap@ontario.ca)

Ministry of Children, Community and Social Services  
P.O. Box 193  
Toronto, Ontario  
M7A 1N3

This is where you can also:

- Ask questions about the OAP waitlist
- Ask questions about your childhood budget, interim one-time funding, funding agreement or budget reconciliation
- Learn about eligible and ineligible expenses

## Navigating the OAP

Autism Ontario can help you understand the Ontario Autism Program (OAP) and which services and supports are available in your area. Each region in Ontario has an Autism Ontario **Service Navigator** who can:

- Help families understand the new OAP and the services available to purchase with their childhood budgets and/or interim one-time funding
- Find qualified service providers
- Support families in navigating their local autism services to access meaningful and effective treatment and supports
- Provide access to parent resources and webinars

## Autism Ontario

1-800-472-7789

[www.autismontario.com](http://www.autismontario.com)

## Contacting the Ministry

If you have questions about your child in the OAP, contact the **Central Resource Team**. If you have questions, suggestions or concerns about the OAP itself, you can contact the local Ministry of Children, Community and Social Services (MCCSS) Program Supervisor. Scott will listen to your issue, answer your questions and/or bring your concerns forward.

### MCCSS Program Supervisor

Scott Gregory

[Scott.Gregory@ontario.ca](mailto:Scott.Gregory@ontario.ca)

905-481-4871

## Autism & Behavioural Services (ABS) at TVCC

TVCC provides information, support, education and treatment for children and youth with ASD and their families. To access some of these services, children need to be registered with the OAP. Call us to find out more.

### Autism Family Liaison

Sarena Renaud

[abs@tvcc.on.ca](mailto:abs@tvcc.on.ca)

1-866-590-8822 ext 53746

OAP Contact Information | November 2021  
 Autism & Behavioural Services | 1.866.590.8822 ext 1  
[www.tvcc.on.ca](http://www.tvcc.on.ca) | 779 Base Line Road East, London ON N6C 5Y6  
 This document may be copied with credit and without change.

## **To Start Your Child's DSO Application:**

Application to Developmental Services Ontario (DSO) will be completed after the youth turns 17 ½. However, you may submit documentation any time after age 16 to determine eligibility.

A letter will be forwarded to you either confirming eligibility or requesting additional information.

### **Please include:**

The DSO Fillable Intake Form

Consent to share information with an agency

Copies of:

Child's Psychological Assessment

Child's Ontario health card

### **Mail or fax the information to:**

Tanya Sangerman  
Intake/Team Support  
Developmental Services Ontario – South West Region  
700 –171 Queens  
London, ON  
N6A 5J7

Phone (519) 344-2629 Option 3 or 1-855-437-6797 ext. 301

Fax 1-877-462-1509

Email: [Tanyasangerman@dsoswr.ca](mailto:Tanyasangerman@dsoswr.ca)

## Applying for Developmental Services and Supports in Ontario

Once the Developmental Services Ontario agency has confirmed that a person is eligible for developmental services and supports that are funded by the Ministry of Community and Social Services in Ontario, it is time to begin the next steps in the application process.

The application consists of two separate forms and (at least) two separate meetings.

The first meeting is with an Assessor who will help the person with a developmental disability and their caregiver(s) to complete the Application for Developmental Services and Supports (ADSS) form. This part of the application process helps us get to know the person a little better. We will begin by collecting some general information about their referral, medical conditions, capabilities and background information which will help us get a good understanding of the person's needs. We will then move to a section called, "Getting to Know You." In this section, we will talk about things that the person likes and dislikes, as well as their dreams and future goals.

Next, we will schedule a time to complete the Supports Intensity Scale (SIS). This part of the application tells us about the level of support a person needs to be successful in a variety of areas. These areas include: home living, community activities, lifelong learning, employment, social activities and protection and advocacy. We will also talk about support the person might need for different medical or behavioural issues.

## Preparing for Your Meetings

An Assessor is assigned to each person requesting an application package. The Assessor will:

- set a time and location for (at least) two meetings;
- confirm that the individual will be part of the application process;
- confirm that two respondents will be available for both meetings;
- confirm that an authorized person will be able to provide consent, either before or during the meetings.

Meetings can be scheduled at flexible times and in different locations, as long as the setting is private and allows for comfortable seating. Each meeting will take approximately two hours, depending on the needs of the person and the amount of information shared.

## Consent

The Application for Developmental Services and the Supports and the Supports Intensity Scale collect personal information about people applying for services and supports. This information will be used by Developmental Services Ontario agencies to assess individual needs so that we can identify services and supports that might be helpful to you. We can share your information with service providers if you ask us to. We will also share your information with the Ministry of Community and Social Services to be used for the planning of future services.

## Application for Developmental Services and Supports

During the first meeting, Developmental Services Ontario staff will help the person with a developmental disability and their caregiver(s) complete the Application for Developmental Services and Supports. This application form gathers information on the following:

- reason for contact/reason for current request
- information about the person's current circumstances
- confirmation that they are eligible to receive services
- who is making the referral
- decision-making status/guardianship
- physical and sensory needs, and other medical conditions
- expressive and receptive communication abilities
- current living situation and financial status
- supports needed during overnight hours
- transportation needs
- care and caregiver concerns
- current services and supports
- services and supports being requested, including:
  - community participation supports
  - employment supports
  - vocational alternative supports
  - direct funding
  - agency residential supports
  - caregiver respite
  - person-directed planning
  - specialized and professional services
- additional information about medical and/or behavioural needs
- other issues such as police or court involvement



## Getting to Know You

During the first meeting, we will ask questions about how the person spends their time, their likes and dislikes, and their gifts and talents. This is part of the "Getting to Know You" section of the application form.

This part of the application will also help to identify ways the person with a developmental disability can get involved in their community. Achieving their personal dreams and goals may require supports and services funded by the Ministry of Community and Social Services, and it will be helpful for us to know how the supports you are requesting fit into the person's life plan. For this reason, during this part of the interview, we will ask questions like the ones below.

- Tell us about yourself. What do you do during the daytime, where do you live and how are those things going for you?
- What are your special talents and gifts? What are the things that other people like about you and the things you like about yourself?
- What are the things you like?
- What makes a really great day for you?
- What are the things you don't like?
- What makes a bad day for you?
- What are your dreams?
- What are your goals for next year?
- What is most important to you in your life?
- What do other people think is most important for you?

## Care Concerns

To understand your situation better, we will need to ask some important questions during our meetings. These questions will be about how the needs of the person with a developmental disability affect you as their caregiver, and about the kinds of medical or behavioural support they may need. The first four questions will be about their health conditions and the next four will be about their behavioural needs. We will also ask questions about safety to help us learn more about your well-being and the well-being of the person you care for.

We will then talk with you about your ability to continue providing support for the person's needs. Some caregivers do not want to talk about these needs in front of their family member. If this is the case, we can go over your answers in private after the second interview. You can also choose to answer the questions on paper and give them back to the interviewer later.

## Care Giver Concerns

In this section of the application, we ask questions about the primary caregiver's ability to provide care and support to the person with a developmental disability. We also try to better understand the caregiver's and family's needs. We especially want to talk about any physical or personal health issues that a parent/caregiver may have, since this can affect how much support they are able to provide at home. We also look at other family circumstances that may affect the caregiver in their support role.

The information from this section of the application helps us understand how urgent a person's situation may be, and can be used to "prioritize" their request for residential, respite and day supports. Personal information about caregivers is not shared with agencies (unless a caregiver gives us their permission).

## Supports Intensity Scale

The Supports Intensity Scale (SIS) is an assessment that asks questions about the kind of supports a person needs to enjoy a positive quality of life at home, in their community and in their personal relationships.

The first section asks about the kind of support people may need with activities at home, in the community and in a workplace; with health and safety; with social activities and with lifelong learning. The second section asks about a person's protection and advocacy-related support needs. The third section asks about the person's special medical and behavioural support needs.

A qualified interviewer meets with at least two people who know the individual well. The person with a developmental disability may answer the questions themselves if they are able to communicate about their support needs, but whether or not this is possible, they are always part of the process.

The Supports Intensity Scale will take about three hours to complete.

## Assessor Summary Report

Information from the two interviews will be summarized into an "Assessor Summary Report." This report highlights important things that were shared during the interviews. The report can help service providers to know

- whether their agency might be able to provide support to you;
- how urgently the help is needed;
- how to begin planning for residential, respite or other services with you; and,
- how to help you set up services and supports.

This information will be used for service planning with other developmental service agencies. We will also be happy to share information with any people or agencies that you choose. The report will NOT include a caregiver's personal health information.

### Following the Application

Developmental Services Ontario will update information for people who are on waiting lists for services and supports. This helps us to make sure that we have current contact information and to confirm that people wish to remain on the waiting list. It will also allow us to find out if the person's or caregiver's needs have changed.

It is important to call us if you are planning to move or change your phone number. If you move to a new region, we can send your application information to the Developmental Services Ontario agency in your new community.

If your needs change very significantly, please call the Developmental Services Ontario agency. We may ask to update your application information. Application and Supports Intensity Scale information will be updated at least every five years.

### Contact Developmental Services Ontario — South West Region

#### By Telephone

Toll-Free:	1-855-437-6797
London:	519-963-1891
Owen Sound:	519-371-8428
Sarnia:	519-344-2629
Windsor:	519-945-3797

#### London Office

171 Queens Avenue, Suite 750 London, ON N6A 5J7	Monday – Friday	8:30am – 4:30pm
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#### Owen Sound Office

945 3rd Avenue, Suite 12 Owen Sound, Ontario N4K 218	Monday Wednesday Friday	8:30 am — Noon 8:30 am — 4:30 pm 8:30 am — 4:30 pm
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#### Sarnia Office

420 East Street North, Suite 14 Sarnia, Ontario N7T 6Y5	Monday Wednesday Friday	8:30 am — Noon 8:30 am — 4:30 pm 8:30 am — Noon
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### Windsor Office

3200 Deziel Drive, Suite 212  
Windsor, Ontario  
N8W 5K8

Monday	8:30 am — Noon
Wednesday	8:30 am — 4:30 pm
Friday	8:30 am — Noon

Developmental Services Ontario Website: [www.dsontario.ca](http://www.dsontario.ca)

## Developmental Services Ontario South West Region – Referral Form

### OFFICE USE ONLY

DSCIS ref # \_\_\_\_\_ - \_\_\_\_\_ Webtracker \_\_\_\_\_ Identification provided ☐

**Applicant's First and Last Name:** \_\_\_\_\_

Male/Female/Undisclosed Date of Birth: (Day/Month/Year) \_\_\_\_\_ Age: \_\_\_\_\_

**Applicant's Full Address:** Apt/Unit number: \_\_\_\_\_ House/Street # : \_\_\_\_\_ PO Box: \_\_\_\_\_

Street Name and Type (Avenue/Street/Blvd/Road): \_\_\_\_\_

RR#: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ County: \_\_\_\_\_

Applicant's Phone number – (home) \_\_\_\_\_

Applicant's Phone number – (mobile) \_\_\_\_\_

Email Address: \_\_\_\_\_

Mother's Maiden Name: \_\_\_\_\_

Marital Status \_\_\_\_\_ ex. single, married, common-law, divorced

Are there any specific special needs or accessibility issues? (e.g., wheelchair, walker, legally blind, or hearing impaired)?  
Please answer yes or no below. If yes, please explain.

\_\_\_\_\_  
\_\_\_\_\_

Is there a need for interpreter services? Please answer below. If yes, what language:

\_\_\_\_\_

### REFERRAL SOURCE: Agency or Primary Contact

☐ Consent has been provided with referral (mandatory for agencies)

#1. Agency Name: \_\_\_\_\_ Name: \_\_\_\_\_

Contact Information: Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Parent/Guardian/Unpaid primary caregiver(s)** - is an individual who lives in the same household and providing care to the applicant.

First and Last Name	DOB D/M/Y	Email Address	Cell Phone #	Relationship to Applicant

#### CURRENT AGENCY INVOLVEMENT

Agency	Contact	Full Address (inc. postal code)	Email	Phone

#### ELIGIBILITY

1. The DSO requires a psychological assessment proving the applicant has a developmental disability. Is there a psychological assessment provided? Please answer yes or no here: \_\_\_\_\_
2. If there is no Psychological assessment, what documentation/proof is there that the applicant has an intellectual disability? Please explain.

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What services and supports is the applicant requesting? Check each box that applies.

Information      Residential Support      Community Participation Supports (Day Programs)

Caregiver Respite Services and Supports      Passport

Profession and Specialized Services (including APSW and behaviour support)

Person-directed Planning

If a referral for a psychological assessment is required whom should the intake package should be sent to:

Applicant \_\_\_\_\_ Parents /Caregiver \_\_\_\_\_ Agency \_\_\_\_\_

Has the applicant ever had any involvement with the Youth Justice System? Please answer yes or no here: -  
\_\_\_\_\_ (No details are required to answer this question)

Is there anything that we need to be made aware of when we meet with the applicant?

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**Financial Assistance**

**Over 18 years**

## **Ontario Disability Support Program**

### *Income & Employment Supports*

#### **Address**

270 Erie Street East  
Windsor, Ontario N9A 7E3

#### **Telephone Number**

(519) 254-1651

#### **E-Mail Address**

[adminwindsorodsp@ontario.ca](mailto:adminwindsorodsp@ontario.ca)

#### **Languages Available**

Services are available in French and English

### **ODSP Income Supports**

#### **When to Apply for ODSP?**

Apply to ODSP 6 months before your loved one's 18<sup>th</sup> birthday.

#### **Eligibility**

To be eligible for the Ontario Disability Support Program you must be at least 18 years old, have a disability and a need for financial support for basic living expenses and shelter costs. A person is eligible to start the ODSP application process when he or she is 17.5 years old. If your ODSP application is approved, you will not begin to receive ODSP financial support until you are at least 18 years of age.

ODSP can provide financial assistance for the costs associated with rent, food, health needs, mobility devices, vision care, medical transportation, and prescription drug coverage. The amount of money and benefits ODSP can provide will be specific to a person's situation.

#### **How to Apply for ODSP?**

You can apply online, over the phone, or in person at the address listed above.

To begin the application process online, visit:

[https://www.mcass.gov.on.ca/en/mcass/programs/social/apply\\_online.aspx](https://www.mcass.gov.on.ca/en/mcass/programs/social/apply_online.aspx)

#### **Additional Information**

<https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/>

[https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/income\\_support/rates.aspx](https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/income_support/rates.aspx)



## **ODSP Employment Supports**

ODSP also consists of an employment support program. The ODSP employment support program can provide assistance with finding employment opportunities.

### **Eligibility**

If you are at least 16 years of age, live in Ontario, are legally allowed to work in Canada and have a physical disability that is to last more than a year and may make it difficult for you to find or keep a job, you are eligible to receive ODSP employment supports.

You do not have to receive financial support from the ODSP to qualify for employment supports.

### **Additional Information**

To apply for the employment support program online, visit:

[https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment\\_support/ES\\_Eligibility.aspx](https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment_support/ES_Eligibility.aspx)

## Ontario Disability Support Program (ODSP)

### What is ODSP?

The Ontario Disability Support Program (ODSP) is one of Ontario's social assistance programs. ODSP provides income and employment supports to eligible Ontario residents who have disabilities.

A person with a disability doesn't have to be receiving ODSP income support to be eligible for employment supports.

### What is ODSP income support?

ODSP income support helps people with disabilities who are in financial need pay for living expenses like food and housing. It also provides health benefits like drug and dental coverage.

ODSP is a program of last resort. This means that you need to look for help from every other source before turning to ODSP for financial help. These sources can include money from:

- a job
- the Workplace Safety and Insurance Board (WSIB), and
- the Canada Pension Plan Disability benefit (CPP-D).

If you still need help paying for living expenses and medical costs, ODSP may be able to help you.

### How do I know if I'm eligible for ODSP income support?

You may be eligible for ODSP income support if you:

- are 18 years of age or older
- live in Ontario
- are in financial need, and
- are a person with a disability as defined under the ODSP Act.

Most applicants must go through a process to determine if they meet the program's definition of a person with a disability.

Under the ODSP Act, a "person with a disability" is a person with a substantial physical or mental impairment that is continuous or recurrent, and is expected to last a year or more.

In addition, the physical or mental impairment must directly result in a substantial restriction in the person's ability to:

- work
- take care of him or herself, or
- take part in community life.

The impairment(s), its duration, and the restriction(s) must also be verified by an approved health care professional.

### **How do I apply for ODSP income support?**

You can call or visit your local ODSP office.

You can also start your application online. If you apply online you will still need to come into your local office to continue the application with a caseworker.

Applying online can help you find out if you are eligible for ODSP, as well as other social assistance programs.

To start an online application, visit [ontario.ca/socialassistance](https://ontario.ca/socialassistance).

### **Can I work and receive ODSP income support?**

Yes. Depending on your situation, you can work and receive income support at the same time.

Tell your caseworker if you are working. Your caseworker will let you know how working will affect your income support, and if you qualify for help with work-related costs, like child care.

## **What if I need money now, and can't wait for my application to be processed?**

If you're in immediate financial need you can apply for Ontario's other social assistance program, Ontario Works. Applying to Ontario Works takes less time and you can get help from Ontario Works sooner.

When you apply for Ontario Works you should tell them that you're a person with a disability and that you want to apply for ODSP. Ontario Works staff will also help you with your ODSP application.

## **What are ODSP employment supports?**

ODSP employment supports help eligible people with disabilities prepare for, get and keep a job.

ODSP employment supports can even help people who have never worked, or have been out of work for some time.

To find out more, read our information sheet **ODSP Employment Supports: Preparing for Work, Finding Work and Advancing My Career.**

## **How do I know if I'm eligible for ODSP employment supports?**

If you are already receiving ODSP income support, you're automatically eligible for ODSP employment supports. Participation in employment supports is voluntary.

If you are not currently receiving ODSP income support, you may still be eligible for employment supports, if you:

- are 16 years of age or older
- live in Ontario, and
- have a physical or mental disability that is expected to last a year or more that makes it hard for you to find or keep a job.

## **How do I apply for ODSP employment supports?**

To apply for ODSP employment supports, call or visit your local ODSP office.

Unlike ODSP income support, you can't apply for employment supports online or through an Ontario Works office.

## Need more information?

For more information, please contact your local ODSP or Ontario Works office.

To find contact information for your local office and learn more about ODSP visit:  
[ontario.ca/socialassistance](https://ontario.ca/socialassistance)

For general questions, please call ServiceOntario at:

Telephone: 1-888-789-4199

Teletypewriter (TTY): 1-800-387-5559

Ce document est disponible en français.

### **Please note:**

Everyone's situation is different. The information here is intended as general guidance only. It isn't meant to provide a full description of ODSP or to tell you if you are eligible for the program.

To understand how this information applies to your situation, please contact your local ODSP office.

# ***Passport Program***



## ***What is the Passport Program?***

The Passport Program is funded by the Ontario Ministry of Community and Social Services. The program is designed to help adults who have a developmental disability participate in their community. The program can support opportunities to learn new life skills, develop social networks, and increase independence. The program is also designed to give parents and/or caregivers a break (caregiver respite).

## ***Who is eligible for the Passport Program?***

People who have a developmental disability, who are at least 18 years-of-age, and are looking for opportunities to become more involved in their community, and/or would benefit from periods of caregiver respite.

## ***How do I apply for the Passport Program?***

People who wish to apply for any adult developmental service in Ontario that is funded by the Ministry of Community and Social Services, including the Passport Program, do so by contacting the **Developmental Services Ontario** agency ([www.dsontario.ca](http://www.dsontario.ca)) in their area. In the CSCN catchment area, Developmental Services Ontario – South West Region can be reached by calling 519-963-1891 or toll free 1-855-437-6797.

## ***When can I apply for the Passport Program?***

The intake process at Developmental Services Ontario can begin any time after a person is 17.5 years-of-age. There is no maximum age for people wishing to apply for adult developmental services (including the Passport Program).

## ***What can I use Passport funding for?***

The Passport Program provides funding so adults who have a developmental disability can take part in community classes or recreational programs, develop work, volunteer, and daily life skills, or hire a support worker. A portion of a person's Passport funding (up to \$2,500) can be used to hire an independent planner or facilitator, to develop a life plan with the person. Passport funding can also be used to purchase temporary respite for caregivers.

## ***How do I contact the Passport Program in the South West region?***

You can reach the Passport Program office at CSCN by calling 519-438-4783 or toll free 1-877-480-2726. Additional information about the Passport Program is available on our website [www.cscn.on.ca](http://www.cscn.on.ca)

*Information developed by the Community Services Coordination Network*



# Passport Funding: What Can I Use It For?

These tips suggest how Passport funding can help adults with a developmental disability participate more fully in the community. For a complete list of supports and expenses covered under Passport, please see the [Passport Guidelines](https://ontario.ca/bxj7) at [ontario.ca/bxj7](https://ontario.ca/bxj7).



## COMMUNITY PARTICIPATION AND ACTIVITIES OF DAILY LIVING

- Programs, classes and supports that help develop independence, social and life skills (e.g., literacy, cooking, managing money, computer skills, assistance with personal care needs). This includes fees and supplies.
- Participation in community activities and events (e.g., recreation, club memberships, admission to festivals and museums, sports).
- Pre-employment and employment supports (e.g., skills training, resume development and job coaching).
- Transportation for activities (e.g., transit, mileage, taxis).
- Paying a support worker to help with community participation and daily living activities. This includes a support worker's expenses while providing support (e.g., meals, transportation and activity fees, expenses for accompanying the individual during trips).



## CAREGIVER RESPITE

Caregiver respite is temporary help to provide a break to primary caregivers. This can be during the day, evening or weekend, and can be in-home or out-of-home.

Respite includes supervising or providing supports for individuals with daily living activities such as personal care, while caregivers get a temporary break.



## PERSON-DIRECTED PLANNING

Passport funding (up to \$2,500) can be used to develop a person-directed plan that builds on the individual's strengths and interests and identifies supports to help them achieve their goals. These supports can be purchased from independent planners, facilitators or developmental services agencies.



## ADMINISTRATION

Passport funding can cover some employer costs (e.g., Canada Pension Plan contributions, Employment Insurance and Workplace Safety and Insurance Board premiums, vacation pay).

Passport recipients can also use up to ten per cent of Passport funding for administrative supports such as bookkeeping, bank fees, payroll and scheduling support workers.

## Expenses NOT covered by Passport

- Housing and home maintenance (e.g., rent, home renovations or modifications, housekeeping)
- Household items and electronics (e.g., furniture, appliances, computers)
- **Indirect** respite services and supports (e.g., cleaning, meal preparation, snow removal, care of other family members)
- Holiday travel (e.g., personal or family vacations)
- Telephone/telecommunications (e.g., home phone and internet service, cell phone services)
- Groceries, food, and restaurant meals
- Clothing and personal goods and services (e.g., toiletries, spa treatments, aesthetic and cosmetic services)
- Dental care and services
- Fees for therapies/specialized services (e.g. speech and language therapy, physiotherapy, occupational therapy, nursing, massage therapy)
- Assistive devices and specialized equipment
- Services already received through the Ontario Disability Support Program (e.g., drug benefits, medical aids)
- Tuition for post-secondary programs which can be paid for by government assistance programs (e.g. the Ontario Student Assistance Program), or supports available through an on-campus accessibility office
- Vehicle purchases and/or modifications, leases and rentals

**Note:** In exceptional cases, the Passport agency may allow expenses that are not normally covered under the program.



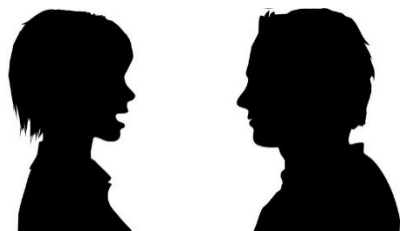
### Questions

If you have questions about the new Passport guidelines, please contact your local Passport agency at [ontario.ca/bxnq](http://ontario.ca/bxnq)



# Avenues

Do you have Passport or Individualized funding?



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## Service Menu Overview

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**Staffing** – Support with recruiting and training your independent contractors/employees. Support with administering contracts and annual reviews.

**Liaison** - Linking you to the wider community.

# Avenues



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Services available in English, French and

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## Getting involved in your community – a pathway to meeting new people, getting known and creating meaningful roles

Hi my name is Graeme and I'm a man who is in his 40's, I live in my own home, I love to meet new people, I love live music, watching sport, particularly rugby league and cricket and I play a bit of cricket too with a local club. One of my passions is aeroplanes – I'm fascinated with everything about them and I know all the factual information that goes with them.

I have been living in my local community for a number of years now and although I know quite a few people through neighbours, the gym, playing cricket and shopping locally I still think it was important for me to have more opportunities to get to know people and also give back to the community I live in. This all helps me to feel less isolated and lonely and to also keep me safe.

Sometimes it is hard to try new things; everyone hates change or being pushed out of their comfort zones – including me but I find that with the right supports, giving something new a try or a go is great fun and can be a great way of meeting new people, making new friends and it gives you a sense of purpose, especially if you are giving back, contributing or have a role to play!

Below are my top tips for you and your supports to think about when getting involved in your community:

- 1. Start by looking at your interests, what do you love doing?** You are more likely to connect with people and be keen to try something new when you have a passion for it. For me this was around aeroplanes and bushwalking. If you are not sure what you are passionate about then it is still important to give things a try and if you don't like it after a few times then try something else.
- 2. Do some research – there is a lot happening out there you just have to look.** Community noticeboards, council websites, websites such as Meet Up, Volunteering Australia, local newspapers, TAFE's, Community Colleges and Libraries are all great places to look for what is happening in your local community. If you know what you are interested in then do a search on the internet and also your area and see what pops up!
- 3. Think about the supports you might need.** Perhaps you need someone to help you with the research, finding out more and coming along with you. If you have paid supports then it's a great thing for them to be supporting you with the research, rather than just going out for coffee or the movies together. I had a support person help me around my passion of aeroplanes. They helped me do some research on the internet and also call up a few Air League Clubs to make some initial enquiries. The support person then came with me to some of the meetings – they weren't there to babysit me but to assist me to learn, meet new people and to help me understand what role I played and contributions I made. Once I felt confident enough they started coming less and less and I eventually went by myself. If you don't have any paid support perhaps a family member or friend can help support you.
- 4. Think about a role you can have as part of getting involved in your community.** Having a role such as volunteering (for your local council, local clubs), being an active member of a

club or society, at your church helping serve tea and coffee, being an avid sports fan and live music goer helps you connect more to people. People are then more likely to come up and say hello and get to know you and more about your role. The roles you have become your sense of identity and helps you find and connect more to others.

For me a role that we looked for was volunteering for my local Air League – again it was focused on something I am passionate about but also about providing me with a better opportunity to connect with people. My role and title is the Equipment Officer, I help out with making sure the cadets are wearing the correct uniform and I help set up for the meetings along with helping with the activities. Some roles are more active than others – sometimes you play a big part and are helping out a lot, other times you are less active like being a gym member – it is good to have a variety of roles.

Another role I am working on is a bushwalker. I have joined a community group that I found through Meet Up who are also passionate about bushwalking. I love walking and live in an area where there are great bush walks. If I go bushwalking on a regular basis with other people who enjoy bushwalking, then I feel I am more likely to get to know everyone and more likely to make some friends.

For more information about roles and connecting to your community please visit:

[www.resourcingfamilies.org.au](http://www.resourcingfamilies.org.au)

[www.family-advocacy.com](http://www.family-advocacy.com)

[www.mychoicematters.com](http://www.mychoicematters.com)



## **Employment Support**

### **Finding The Perfect Job for You**

Our employment specialists will match your skills and abilities with an employer's needs and then provide on-the-job training and support to ensure workplace success.

Our goal is to create a win-win situation in which the employer and the employee benefit from the match. We work with co-workers and supervisors to ensure mutual satisfaction and success.

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- Job readiness skills. We will refer you to a job training program.
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- Interview skills. We will practice with you to help you be successful.
- Application assistance. Help you complete and submit applications as well as following up afterward with employers.
- Job searching. Assist with developing job search strategies and meet with you weekly to review and support your job search.
- Job skills. Match your skills with employer needs.
- Assistance in accessing the transit system to get you to a job.
- Job coaching on site job training and skill development.
- Ongoing job support and problem solving for both employee and employer.
- On-site job training when job changes occur.
- Follow up with you to make sure you are happy in your job.

**Connect with Community Living Windsor's Employment Services today.**

For more information, contact:

**Terry Cloutier Manager, Employment Services**

Phone: (519) 256-1924

Email: [terry@clwindsor.org](mailto:terry@clwindsor.org)

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## How Do I Get Involved in My Community?

### Starting With Strengths & Interests

#### Culture and Arts

Name of Resource	Description	Website
<b>Windsor's Culture Map</b>	Locates cultural assets and resources in and around Windsor. It also includes full contact information of resources, as well as links to various websites.	<a href="https://www.citywindsor.ca/residents/Culture/Pages/Windsor-Culture-Map.aspx">https://www.citywindsor.ca/residents/Culture/Pages/Windsor-Culture-Map.aspx</a>
<b>Ford City Neighbourhood Renewal</b>	Includes community event information about what is going on in and around the Ford City area, Drouillard Road, and the Gino Marcus Community Complex.	<a href="http://fordcityrenewal.blogspot.ca/">http://fordcityrenewal.blogspot.ca/</a>
<b>Windsor Regional Arts Council</b>	Strives to actively encourage artistic and cultural endeavors in the area. The Arts Council aims to increase appreciation of artists and art organizations.	<a href="http://acwr.net/">http://acwr.net/</a>
<b>Amherstburg Cultural/Historical Walking Tour</b>	Includes Fort Malden National Historic Site of Canada.	<a href="https://www.amherstburg.ca/en/index.aspx">https://www.amherstburg.ca/en/index.aspx</a>
<b>Arts/Culture/Recreation</b>	A number of local cultural sites and heritage groups continuously celebrate our history and offer a glimpse into our past.	<a href="https://www.essex.ca/en/discover/museumsandheritage.aspx">https://www.essex.ca/en/discover/museumsandheritage.aspx</a> <a href="https://www.citywindsor.ca/residents/Culture/Pages/Culture.aspx">https://www.citywindsor.ca/residents/Culture/Pages/Culture.aspx</a> <a href="https://www.leamington.ca/en/discover/artscultureandheritage.aspx">https://www.leamington.ca/en/discover/artscultureandheritage.aspx</a>
<b>The Town of Tecumseh</b>	Provides a comprehensive list of community services groups.	<a href="http://www.tecumseh.ca/residents/communityservice">http://www.tecumseh.ca/residents/communityservice</a>
<b>Kijiji Activities &amp; Groups</b>	Provides an up-to-date list of community gatherings, groups, events and programs.	<a href="http://www.kijiji.ca/b-activities-groups/windsor-area-on/c711700220">http://www.kijiji.ca/b-activities-groups/windsor-area-on/c711700220</a>
<b>Art Gallery Of Windsor</b>	Foster an appreciation and love of Art	<a href="https://www.agw.ca/">https://www.agw.ca/</a>
<b>Mackenzie Hall</b>	Located in one of the most historic areas of Windsor, Mackenzie Hall is a living link between our colourful legal past and our artistic present. Originally a courthouse and jail, Mackenzie Hall is a cultural centre for the City of Windsor, with performing arts space, theatre, art galleries, meeting facilities and a ballroom.	<a href="https://www.citywindsor.ca/residents/facilities-for-rent/mackenzie-hall-cultural-centre/Pages/Mackenzie-Hall-Cultural-Centre.aspx">https://www.citywindsor.ca/residents/facilities-for-rent/mackenzie-hall-cultural-centre/Pages/Mackenzie-Hall-Cultural-Centre.aspx</a>
<b>Windsor Light Musical Theatre</b>	Producing 2 Broadway shows a year, WLMT has over 300 active members present on or off stage. WLMT has been a staple in the Windsor community resulting	<a href="https://www.windsorlight.com/">https://www.windsorlight.com/</a>

	in many honours. WLMT is thus far the only theatre group to perform with a live full piece orchestra for each show with local musicians.	
<b>Arts Collective Theatre</b>	ACT is a not-for-profit organization dedicated and committed to enhancing the well-being of the Windsor Essex community through theatre education, mentorship, and be bringing awareness to social justice issues in Windsor and beyond.	<a href="http://actwindsor.ca/">http://actwindsor.ca/</a>
<b>Korda Artistic Productions</b>	Korda Artistic Productions is a theatre company in Windsor that is dedicated to offering theatre shows that are extraordinary because of their providing a proactive, challenging, and/or original content. They strive to promote local artists by providing a supporting and stimulating environment in which to further develop talents.	<a href="http://kordazone.com/kordazone/index.html">http://kordazone.com/kordazone/index.html</a>

### **Volunteer Opportunities**

<b>Name of Resource</b>	<b>Description</b>	<b>Website</b>
<b>WE Volunteer</b>	WE Volunteer is the official database of volunteer opportunities in Windsor and Essex County. Register online and learn a new skill, meet new people and improve your resume.	<a href="https://www.workforcewindsorsex.com/volunteer/">https://www.workforcewindsorsex.com/volunteer/</a>
<b>The Salvation Army</b>	As a volunteer, you have the opportunity to make a lasting impact. For more than 100 years, our volunteers have been the driving force behind the work of The Salvation Army in communities all over the world. Whether it's by serve a meal, standing beside a Christmas kettle or stocking shelves at a food bank, you can be part of the meaningful work that continues to help change lives.	<a href="http://www.salvationarmy.ca/volunteer/">www.salvationarmy.ca/volunteer/</a>
<b>Windsor Essex Humane Society</b>	The Windsor-Essex County Humane Society (WECHS) is grateful for the compassionate care, dependability, and skills that our volunteers bring to the benefit of the animals in our care. Our volunteers commit their time, talents and donations to assist our staff and help us further the important work that we do in our community.	<a href="https://windsorhumane.org/volunteer">https://windsorhumane.org/volunteer</a>
<b>Windsor Regional Hospital (WRH)</b>	Volunteers are an integral part of the Windsor Regional Hospital team. Volunteers participate in a variety of areas at the Metropolitan and Ouellette	<a href="https://www.wrh.on.ca/VolunteerServices">https://www.wrh.on.ca/VolunteerServices</a>



	Campus. Specific hours for each assignment vary according to the needs of each department/program.	
<b>Hotel-Dieu Grace Healthcare</b>	Our volunteers enrich the lives of hundreds of patients and their families by giving generously of their time, and contributing to the well-being of our healthcare community, the vitality of our services, and the quality of patients' experiences at Hotel-Dieu Grace Healthcare.	<a href="https://www.hdgh.org/volunteers">https://www.hdgh.org/volunteers</a>
<b>Windsor-Essex Community Health Care (WECHC)</b>	You are well informed when it comes to living with or caring for someone who lives with a chronic health condition. So, why not share your knowledge and experience with the community?	<a href="https://wechc.org/join-our-team/volunteer/">https://wechc.org/join-our-team/volunteer/</a>
<b>Mission Thrift Store</b>	Mission thrift stores are largely staffed by volunteers who join in the goal of helping people in need.	<a href="https://missionthriftstore.com/volunteer/">https://missionthriftstore.com/volunteer/</a>
<b>Habitat for Humanity</b>	Volunteers connect with other people, gain valuable work experience and help out in their communities	<a href="http://www.habitatwindsor.org/volunteer.html">www.habitatwindsor.org/volunteer.html</a>
<b>Community Support Centre of Essex County</b>	The Community Support Centre is always grateful to those individuals who are so giving of their time and donate it to us. We are always in need of assistance; be it with Meals on Wheels, in the community food pantry, with visiting and socializing or any of the other wonderful programs. If you have time to share, we can certainly fill it with something you will love!	<a href="http://www.communitysupportcentre.ca/index.php/volunteer/">www.communitysupportcentre.ca/index.php/volunteer/</a>
<b>Downtown Mission</b>	The work of the Downtown Mission depends on the generous contributions of people just like you. Use your hands, your heart, your creativity and talents to make a difference in the lives of people struggling with poverty and homelessness across Essex County.	<a href="http://www.downtownmission.com/getinvolved/volunteer">www.downtownmission.com/getinvolved/volunteer</a>
<b>Ronald McDonald House</b>	TelePlay is when small groups of patients and trained volunteers meet by video conference to engage and play in activities. Volunteers join from home and children, both in hospital or at home, are welcome to participate. Volunteers bring materials to facilitate arts and crafts activities into the hospital. These activities are designed to encourage self-expression and imagination.	<a href="https://www.rmhc.swo.ca/how-you-can-help/volunteer">https://www.rmhc.swo.ca/how-you-can-help/volunteer</a>
<b>The Capitol Theatre Windsor</b>	The Capitol Theatre welcomes you to join our volunteer usher team! Here, you can meet other volunteers who share the same interests, learn about the Capitol Theatre, work with patrons, and promote an enjoyable time during our shows.	<a href="http://www.capitoltheatrewindsor.ca/volunteer/">www.capitoltheatrewindsor.ca/volunteer/</a>

<b>Windsor Soccer Club</b>	The Windsor Soccer Club relies on many volunteers to operate efficiently throughout our season. Volunteers are our backbone and the skills and experience each one brings to our organization allows us to continue to grow. We have many opportunities available. We need people like you to give some of your time, whatever works into your schedule, to help make a difference.	<a href="http://www.windsorsoccerclub.com/volunteerinfo/">http://www.windsorsoccerclub.com/volunteerinfo/</a>
<b>Windsor Essex Therapeutic Riding Association (WETRA)</b>	Volunteers are one of the most important aspects of a safe, successful therapeutic riding program. Volunteers are giving people with an interest in helping others. They are able to commit to the same time each week throughout the 12 week session.	<a href="https://www.wetra.ca/become-volunteer/">https://www.wetra.ca/become-volunteer/</a>
<b>Hospice</b>	Shifts are 3 to 4 hours in length- must be able to stand the entire time. Must commit to weekly or bi-weekly shift for at least 6 months	Email : Smactaggart@thehospice.ca

### Sports and Recreation

<b>Name of Resource</b>	<b>Description</b>	<b>Website</b>
<b>Walkers &amp; Runners Around The County of Essex</b>	Is a non-profit organization of walkers, runners and wheelers of all ages and abilities. WRACE relies on our volunteer board members and many community volunteers.	<a href="https://wrace.org/">https://wrace.org/</a>
<b>ALPHA Gymnastics Academy</b>	ALPHA offers a place where students can learn gymnastics, socialize with children of different cultures and have fun. We offer a vast variety of gymnastics and conditioning programs with pricing options for all levels of interest, but with greater emphasis on group classes.	<a href="http://www.gymacademy.ca">www.gymacademy.ca</a>
<b>Head Start Sports Programs (Junior/Senior)</b>	The Head Start Sports Youth Club is a non-profit organization committed to fostering a lifelong love of sport and physical activity for children in Windsor-Essex through programs offering high quality skill instruction and game play.	<a href="https://www.activecity.ca/city/windsor/head-start-sports/">https://www.activecity.ca/city/windsor/head-start-sports/</a>
<b>YMCA of Southwestern Ontario</b>	With health and fitness branches, camps, childcare centres, community programs and newcomer services are designed to help our members and participants grow in spirit, mind and body.	<a href="https://ymcaswo.ca/">https://ymcaswo.ca/</a>
<b>Yoga Directory</b>	Find your space for classes, yoga workshops, training events and more.	<a href="http://www.yogadirectorycanada.com/studios.php?c=Windsor&amp;p=on">http://www.yogadirectorycanada.com/studios.php?c=Windsor&amp;p=on</a>

<b>Urban Surf</b>	Watersport rentals, classes, events, bikes	<a href="https://urbansurf.ca/">https://urbansurf.ca/</a>
<b>Adventure Bay Family Water Park</b>	It's always summer at Adventure Bay, and we promise I will "always summer when we welcome you back. *COVID 19 restrictions*	<a href="https://www.adventurebay.ca/Pages/home.aspx">https://www.adventurebay.ca/Pages/home.aspx</a>
<b>Super bowl Lanes</b>	Bowling leagues and open lanes	
<b>Sky Zone</b>	Indoor Trampoline Park	<a href="https://www.skyzone.com/windsor">https://www.skyzone.com/windsor</a>
<b>Parks and Recreation - Windsor</b>	Our mission is to create experiences that encourage Windsor residents to be physically and social active while contributing to the high quality of life where people want to live, work and play. Working with the community partners in the city, we deliver recreation services effectively and efficiently for all.	<a href="https://anc.ca.apm.activecommunities.com/windsor/home?onlineSiteId=0&amp;from_original_cui=true">https://anc.ca.apm.activecommunities.com/windsor/home?onlineSiteId=0&amp;from_original_cui=true</a>
<b>Parks and Recreation - Leamington</b>	Find information here on recreation centres, social investment, fitness, aquatics, track & courts, weight rooms and rental inquiries.	<a href="https://www.learmington.ca/en/our-community/recreation.aspx">https://www.learmington.ca/en/our-community/recreation.aspx</a>
<b>Parks and Facilities - Essex</b>	The parks and facilities department is responsible for maintaining all properties owned by the Town of Essex. This includes office buildings, arenas, soccer fields, baseball diamonds, parks, playgrounds, trails, and splash pads.	<a href="https://ca.apm.activecommunities.com/essexconnect">https://ca.apm.activecommunities.com/essexconnect</a>
<b>Parks and Facilities – Amherstburg</b>	All municipal facilities are open to the public by appointment only. Parks, playgrounds and trails are open.	<a href="https://www.amherstburg.ca/en/live-and-play/Parks-and-Facilities.aspx">https://www.amherstburg.ca/en/live-and-play/Parks-and-Facilities.aspx</a>
<b>Parks and Recreation - Kingsville</b>	The parks and recreation department is responsible for maintenance of arenas, baseball and soccer fields, municipal marinas and boat ramps, parks and programs.	<a href="https://www.kingsville.ca/en/index.aspx">https://www.kingsville.ca/en/index.aspx</a>

## Various Interests and Hobbies

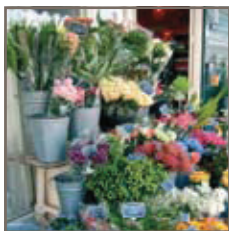
Name of Resource	Description	Website
<b>Coffee Shops in Windsor-Essex</b>	This website will point you in the direction of finding coffee shops or café's with Wi-Fi or other amenities. You can refine your search to select what you need.	<a href="https://www.findmecoffee.com/en/listings/1/in/essex">https://www.findmecoffee.com/en/listings/1/in/essex</a>
<b>Windsor Model Yacht Club</b>	Founded in 1994, Windsor and Essex county model yacht club promotes radio controlled model sailboat racing in the Windsor area.	<a href="http://www.windsormodelyachtclub.ca">http://www.windsormodelyachtclub.ca</a>
<b>Sun Parlor RC Flyers</b>	A local group with a flying field for you to join this group and fly your model airplanes and racing quads.	<a href="https://sunparlorflyers.com/">https://sunparlorflyers.com/</a>
<b>Bike Windsor-Essex</b>	Our team of volunteers help create safer streets and healthier, more vibrant communities in Windsor and Essex County.	<a href="https://bikewindsor.essex.com/programs/the-bike-kitchen/">https://bikewindsor.essex.com/programs/the-bike-kitchen/</a>
<b>Windsor Model Railway Club</b>	We're committed to helping others discover the joy and fun of model railroading.	<a href="http://windsormodelrailroadclub.com/">http://windsormodelrailroadclub.com/</a>
<b>Windsor Camera Club</b>		<a href="http://windsorcameraclub.com/">http://windsorcameraclub.com/</a>
<b>Art Galia</b>	Art is inclusive. Our desire is to bring down the barriers and include all into the contemporary art world: enthusiasts, first-timers, new or seasoned collectors, and institutions.	<a href="https://www.artgalia.com/">https://www.artgalia.com/</a>
<b>Michael's</b>	This arts supplies store is your one-stop-shop for any arts and crafts needs you may have.	<a href="https://canada.michaels.com/en/classes-and-events/classes">https://canada.michaels.com/en/classes-and-events/classes</a>
<b>Film Camp for Kids</b>	This is a high-demand non-profit education program. They offer day and overnight programs in English and French. Participants make movies together in small groups, even from a distance.	<a href="https://filmcampforkids.com">https://filmcampforkids.com</a>
<b>Windsor Public Library</b>	Enriching the community by providing access to resources that inform and entertain. We believe in the freedom to read, learn and discover.	<a href="https://www.windsorpubliclibrary.com/?page_id=140">https://www.windsorpubliclibrary.com/?page_id=140</a>
<b>Home Depot DIY Workshops</b>	Free do-it-yourself workshops help anyone kick off their project with confidence through expert instruction reference materials.	<a href="https://www.homedepot.ca/en/home/ideas-how-to/workshops.html">https://www.homedepot.ca/en/home/ideas-how-to/workshops.html</a>
<b>Art Splash Atelier</b>	Create a masterpiece. Guests at our active and dynamic workshop can learn, share ideas and interact through the various activities organized by our creative and experienced members. Our workshop welcomes artists of all ages.	<a href="https://artsplashatelier.ca/">https://artsplashatelier.ca/</a>
<b>Crock a doodle</b>	Enjoy the fun of pottery painting in our bright and cheerful studio. A special place to gather with family and friends for art activities and every day fun. Our	<a href="https://crockadoodle.com/windsor/">https://crockadoodle.com/windsor/</a>

	studio welcomes people of every age and ability, all day long.	
<b>Escape Rooms</b>	You are allotted 60 minutes for your team to escape. The goal is to escape in less time than that! We will accept 3-8 people, but recommend 4-6 for the perfect blend of opportunity and enjoyment. This challenging experience is waiting for you. Think outside the box and find your way out.	<a href="https://apeescapewindsor.com/">https://apeescapewindsor.com/</a> <a href="https://www.hiddentrail.co/">https://www.hiddentrail.co/</a>
<b>Sewing/Quilting</b>	This website offers classes and outlines their services available across Windsor, Chatham-Kent and Sarnia.	<a href="https://www.quiltingconfections.com/pages/embroidery-classes">https://www.quiltingconfections.com/pages/embroidery-classes</a>
<b>Farming and Agriculture</b>	<p>Pick your own at local orchards. Savour the taste of sweet strawberries fresh off the vine. Smile as you watch your child bite into a crisp apple they just picked from a tree all by themselves. Harvest the largest pumpkin in the patch.</p> <p>Offers a guide for all the picking options.</p>	<a href="https://visitwindsorsex.com/places/self-guided-pick-your-own-pyo-farm-tour/">https://visitwindsorsex.com/places/self-guided-pick-your-own-pyo-farm-tour/</a>

### **Nature & Birds**

<b>Name of Resource</b>	<b>Description</b>	<b>Website</b>
<b>Windsor- Essex Pelee Birds</b>	Birds have made Point Pelee National Park world famous. Each spring and fall, thousands of birds pass through the area, giving Pelee an impressive checklist which presently stands at 386 species.	<a href="https://www.ojibway.ca/birding.htm">https://www.ojibway.ca/birding.htm</a>
<b>Windsor-Essex Nature Sightings</b>	This is a Facebook community that was designed for reporting/documenting flora and fauna sightings in Essex County. Please do not report the exact locations of all species at risk. Photos of all species reported are encouraged.	<a href="https://facebook.com/windsorsexnature/">https://facebook.com/windsorsexnature/</a>
<b>Wings Wild Life Rehabilitation Centre</b>	Our primary goal is to connect people who have found injured or orphaned wild animals with those who can look after them and get them back into the wild. Through a network of rehabilitators and wildlife rescue centres across Ontario we try to save as many wild animals as possible.	<a href="http://www.ontariowildliferescue.ca/wildlifecentres/details.php?wildlifecenter_id=15">http://www.ontariowildliferescue.ca/wildlifecentres/details.php?wildlifecenter_id=15</a>
<b>Ojibway Nature Centre and Ojibway Park</b>	The Nature Centre is open seven days a week. There is no charge for admission and the building is accessible to those with disabilities. Inside, one finds informative and interesting displays on the ecology of	<a href="https://www.wegarden.ca/">https://www.wegarden.ca/</a>

	<p>the Ojibway Prairie Complex. A live exhibit area with Eastern Fox snake and Eastern Massasauga Rattlesnake is always a crowd favourite. A wall of windows provides a breathtaking view of the forest and the natural fireplace makes for a warm, cozy atmosphere. Brochures on the birds, mammals, herbs, butterflies, trees and wildflowers of Ojibway as well as trail guides, maps and other informative handouts are available.</p>	
<p><b>Point Pelee National Park</b></p>	<p>At the southernmost point of the Canadian mainland – Point Pelee National Park, experience nature like never before. Each spring, new flocks of migratory birds, joined in autumn by waves of vivid Monarch butterflies. In winter, wander the trails in solitude and catch the natural ice formations. In summer, bask on sandy beaches. Whether you cycle, paddle, or hike Canada's second smallest and mostly ecologically diverse national park, you'll be immersed in an unforgettable eco-adventure.</p>	<p><a href="https://www.pc.gc.ca/en/pn-np/on/pelee">https://www.pc.gc.ca/en/pn-np/on/pelee</a></p>



# Connecting people and building social relationships

by Deb Rouget

*From our arrival into the world our lives are immersed in social relationships. We are naturally part of our families, the community and the fabric of many social contexts and relationships. As we develop so do our friendships, associations and support networks. For those with a disability this is not always the case.*

There are a number of reasons for this. One of the major reasons is that people with a disability become part of a human service system that is not conducive to building social relationships. Relationships stem from people not systems and increasingly people with a disability are immersed in options that are removed from the natural social contexts and situations that most people take for granted. Their only associations become other people with a disability or people, who are paid to be there. As Ric Thompson (2005)<sup>1</sup> suggests, human service denies what was originally an individual or family domain. As individuals and families hand this domain over to human service, so it seems the dislocation and isolation from one's natural community and its citizens increases.

It is not to say that the community is a panacea or magical answer but it is accepted that for children without a disability this is where life happens. This is where they will be educated, find work, form friendships and reciprocal relationships. It is, at the end of the day what we all hope for. The removal of these natural occurrences may mean that many opportunities will be denied – one of which is the making of friends that will support, encourage, teach, provide safety from harm and with whom one can enjoy life. In many respects the community is extremely fertile ground for social connection and one which remains relatively untapped.

Over the past five years, the Personalised Lifestyle Assistance project has worked alongside individuals and families to ensure their lives do not become dislocated from their communities and the abundance of associations and friendships that could emerge if given the chance. Following are some of our learnings.

## Relationships and friendship arise from sharing common interests and passions

If we think about our own lives, most of our associations

and friendships stem from our common or shared interests and passions with other people. This may be the type of work we pursue, a hobby, sport, religion, further education etc. Sometimes our interests can be quite ordinary and shared by many people. For example, football in Melbourne is an interest that is shared by many and connects people, even if they don't play the game. Other interests may be more obscure. For example, collecting clocks or reptiles! Needless to say there will be other people in the community who share a similar obscure interest and passion that, to some, may be seen as an obsession!

The sharing of common interest is also a good strategy for people who may have difficulty in communicating. Often sharing an interest doesn't rely on verbal communication but an expression of joy and understanding. The "sharing" is the connector.

Thus it is vital that we know what makes or could make people "tick" i.e. their passions and interests. It is then important to harness these interests as not only a source of enjoyment but as a potential and powerful social connector.

## One has to be 'in' and 'part' of community to have the opportunity to meet people

It is impossible to be genuinely 'in' and 'part' of community if all of your time is spent in a 'special' program that segregates you from the community. At best, people may meet a few people who share a disability, paid workers and have fleeting moments of community access. It's almost impossible for one's unique interests to emerge and flourish and to have the opportunity to develop a range of associations and friendships. Once a person's interests are identified, the next step is to investigate potential places in the community where other people share the common interest. There are many resources that assist us with the search eg the web, telephone books, community resource



guides, telephone books, community notice boards, brochures at festivals etc. However, David Schwartz (1992)<sup>2</sup> quotes a study in Chicago that aimed to identify 'invisible' associational groupings in a 24-block area. The study found that 575 hidden associational groupings existed. Thus, the need to immerse oneself in the local community and talk with people is also a vital strategy.

### People need to join the community 'one person at a time'

Often the human service response to community inclusion has been to assist a group of people to access the community. e.g. shopping, swimming programs. Even neighbourhood houses operate 'special groups' for people with a disability. In this instance, people are physically present but often remain isolated in 'their group' and interaction on an individual basis with other community members is limited. The notion of assisting 'one person at a time' to pursue a unique interest or and passion makes it more conducive to building genuine reciprocal relationships with other citizens.

### Repetition as a strategy to build social relationships

Most people develop relationships through repetition. That is being and doing at the same place and time every week. It's this consistency that assists people to get to know each other over time.

### Begin with building moments

From the outset it may seem daunting to build a good community life with a range of valued roles and relationships but if one thinks about creating 'moments', as Michael Kendrick suggests, the task is less overwhelming. So starting with one small opportunity or moment can be the seed of many other opportunities that follow and flourish.

### The art of asking

Ric Thompson (2005), in his article on *The Art of Asking*, states that when we come to 'asking' we often enter a period of silence and apprehension. Thompson suggests that this may stem from handing one's life over to the human service domain and somehow losing the ability

or failing to ask. It may also stem from our fear of rejection. We need to be prepared to ask as it's vital to building good community lives and social relationships. Thompson also puts forward John McNight's suggestions about needing to understand the reasons why we are asking, who to ask, how, when and where to ask. We have found, as Thompson suggests, many people in the community have never been asked. When they are asked, encouraged and supported the community has responded very positively. Especially when it's a question of promoting or sharing a common interest rather than meeting all of a person's needs! The larger or more unclear "the ask" sometimes the more daunting for people. So carefulness about what one is asking for is crucial. Thus, you may not ask for someone to become one's friend but the friendship may emerge from sharing a common interest.

Not every time we ask we achieve what we want! People may simply not be able to help at the time. If this is the case we should use the opportunity to ask if they know someone who could assist. As Thompson suggests, it is important to learn from our mistakes, refine our skills and keep on asking! It's also important to develop our skill for asking and do it in a way that is comfortable and not confronting. Some people and families ask directly. Others have found that sharing their story or interest leads people to offer. Others ask someone else to do the "asking"!

### Intentionality is needed to build relationships

Once a person is pursuing their interest in the community, if we do not focus our efforts on intentional relationship building, then its development is left to chance. Many individuals with an intellectual disability will need assistance to pick up on social cues and advance a friendship in a way that occurs naturally for many people. Keeping our eyes peeled for people who constantly show interest in the person, finding out a bit more about them and building invitation outside the interest will assist in the further development of friendship. For example, asking a person at work who is equally fanatical about the football to go to a game or asking someone for dinner or to the movies is a good way to develop a friendship further. We need to assist people to nurture the relationship so it can flourish.



## Valued roles as a means to enhancing people's connection

It is when people are a part of community and take up roles that are valued within our society that they become accepted for who they are and what they contribute (Wolfensberger, 1988)<sup>3</sup>. It is through becoming an employee or club member that people become more than their disability and many of the negative assumptions about people fade away. It is possible to expand and deepen people's valued roles. For example, a person may be a club member but exploration of further valued roles may lead them to becoming "the welcomer" in the club, "the social organiser", "the equipment organiser" etc. This is also a good way to enhance people's contribution so that they become an integral part of an association and would be missed if not present!

## Reorientating supports to social inclusion

Many of the individuals and families we have assisted have reorientated their thinking and resources to focus on unique arrangements around their son/daughter so that they can work towards a good community life that involves genuine inclusion, valued roles and the development of a range of social relationships and friendships. They hired and directed the right supports to work towards a good life.

## Some examples of people becoming part of their communities and developing a range of social relationships

There are many good examples of people concentrating their efforts on genuine inclusion and building social relationship that give us heart and encouragement. The following are some examples of this:

- By pursuing her love for television Lauren became an usher. She developed a relationship with a co-worker who shares her passion for football. They have been to the Footy Show together and also a couple of games.
- Cameron now works as a receptionist. His love for sport led to a friendship with his employer who took him to Tasmania for the weekend to watch an international cricket game.

- A conversation over the fence with a neighbour led Colleen to a small job.
- Warren has a passion for the police. For some this may be seen as an obsession but his family thought more about it as a passion and how he could be supported to pursue it. A conversation with the local police station led to some volunteer work. A relationship with one of the police officers and a letter led to a volunteer position at the Police Museum.
- Dee sings in a local community choir. Given her anxiety about meeting new people, following her passion increased her comfort.
- A conversation with the local fruit shop and car retailer led to two small work experience opportunities for Ben who had sternly expressed his dislike for the special program he was involved with.

It is impossible for people to develop a range of social relationships without being present in the community and being recognised for their unique personality and contribution. Social relationships emerge from sharing common interest and on focusing on how we all build associations and friendships. If we use our own lives as a guide-post, then people with disabilities will have similar opportunities to be valued, contributing members of the community and develop genuine friendships. As soon as we isolate and congregate people their opportunities will remain limited rather than limitless!

*Deb Rouget is the Facilitator of the Personalised Lifestyle Assistance project and can be contacted at [debrouget@netspace.net.au](mailto:debrouget@netspace.net.au) or on 0412 001 388.*

<sup>1</sup>Thompson, Ric (June 2005). *The Art of Asking. Community Resource Unit Occasional Paper No. 3.*

<sup>2</sup>Wolfensberger, W. (1998). *A brief introduction to Social Role Valorization: A highorder concept for addressing the plight of societally devalued people, and for structuring human services* (3rd ed.). Syracuse, NY: Training Institute for Human Service Planning, Leadership & Change Agency (Syracuse University).

<sup>3</sup>Schwartz, David (1992). *Crossing the River – Creating a conceptual revolution in community and disability.* Cambridge, Mass: Brookline Books.

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Housing & Finance Resources in Windsor-Essex

Central Housing Registry, Housing Benefits	
<a href="mailto:sshousing@citywindsor.ca">sshousing@citywindsor.ca</a>	(519) 256-7107
<p>The Central Housing Registry – Windsor Essex County (CHR) maintains a waiting list of applicants for all subsidized and rent-geared- to-income housing in Windsor and Essex County.</p> <p>There are over 39 landlords in Windsor and Essex County who provide subsidized or rent-geared-to-income housing, including Windsor Essex CHC. Instead of filling out an application for each landlord, an applicant completes one application to apply for subsidized housing in Windsor Essex.</p> <p>CHR reviews the application and determines whether an applicant is eligible for subsidized housing. An applicant who is eligible will be added to the waiting list.</p>	
City of Windsor, Social & Community Housing	
<a href="mailto:sshousing@citywindsor.ca">sshousing@citywindsor.ca</a>	(519) 255-5200 ext. 6240
<p>The available social housing and rent subsidies are designed to help make housing more affordable for you.</p> <p>Social Housing refers to rental housing developed with the assistance of government and subsidized by Municipal and Federal government for people with low to moderate incomes; seniors; or people with special needs who can live, with supports, in the community.</p> <p>Subsidies are provided to private landlords and independent Non-Profit Housing Corporations (known as housing Providers) who manage the day-to-day activities of the housing developments in the Windsor-Essex County service area, under five distinctive programs:</p> <ul style="list-style-type: none"> <li>• Public Housing</li> <li>• Non-Profit/Cooperative Programs</li> <li>• Federal Programs</li> <li>• Rent Supplement</li> <li>• Aboriginal (Urban Native)</li> </ul>	
City of Windsor, Rent Supplement/Housing Allowance Programs	
<a href="mailto:sshousing@citywindsor.ca">sshousing@citywindsor.ca</a>	(519) 256-7107
<ul style="list-style-type: none"> <li>• Rent-Geared-to-Income (RGI) housing units are located in privately owned rental housing and Non-Profit and Cooperative projects.</li> <li>• Rent Supplement/Housing Allowance subsidies may be paid directly to the landlord or tenant depending on the program.</li> <li>• You may apply for a rent supplement and other subsidized housing units at the Central Housing Registry</li> </ul> <p>Please seek assistance for eligibility criteria, or visit:  <a href="https://www.citywindsor.ca/residents/housing/Social-Housing/Pages/Who-Is-Eligible.aspx">https://www.citywindsor.ca/residents/housing/Social-Housing/Pages/Who-Is-Eligible.aspx</a></p>	

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Housing & Finance Resources in Windsor-Essex

Community Services Coordination Network (CSCN), Passport Funding	
<b>309-3200 Deziel Drive Windsor, ON N8W 5K8</b>	<b>(519) 945-3797</b>
<p>Passport is a program that helps adults with a developmental disability to participate in their communities, and helps caregivers take a break from their caregiving responsibilities.</p> <p>Passport funding can be used for education, employment, volunteer activities, daily life, person-directed planning, administration &amp; brokerage as well as caregiver respite.</p> <p>Access to adult developmental services and supports that are funded by the Ministry of Children, Community and Social Services (including but not limited to the Passport Program) is <b>provided through a Developmental Services Ontario (DSO) agency</b>.</p> <p>Any adult who is eligible for developmental services and supports funded by the Ministry of Children, Community and Social Services may apply to receive funding through the Passport Program.</p> <p>Interested individuals must contact the Developmental Services Ontario (DSO) agency in their community to request these services. Once an individual's eligibility has been confirmed and they have completed the Development Services Application Package, their information will be transferred to the local Passport Agency.</p>	

Developmental Services Ontario (DSO), Housing Navigator		
<b>Al Hendry</b>	<a href="mailto:alhendry@dsoswr.ca">alhendry@dsoswr.ca</a>	<b>1-855-437-6797</b>
<p>Ministry of Children, Community and Social Services (MCCSS) funds community agencies who provide supportive housing options to people with developmental disabilities. Learning more about these residential services and supports can help you find a home that works for your needs.</p> <p>A DSO housing navigator in your area can help you understand your housing options by:</p> <ul style="list-style-type: none"> <li>• providing you with resources and organizations that can help you create a housing plan;</li> <li>• providing you with a toolkit of resources to help with a housing plan;</li> <li>• connecting you with family support networks to share information;</li> <li>• supporting innovative approaches and planning for housing, beyond the traditional models available.</li> </ul>		

Family Services Windsor-Essex, Avenues Program	
<a href="mailto:info@fswe.ca">info@fswe.ca</a>	<b>1-888-939-1831</b>
<p>Flexible supports for people's lives. Through our Avenues Program, we provide personalized human resource and financial support for people with individualized or Passport funding. Our qualified staff help adults with developmental disabilities recruit, hire and maintain independent contractors and employees. Please note: there are fees for our Avenue Program, please see below for details.</p> <p>How does it work?</p> <p>The Avenues Program helps Adults with Developmental Disabilities:</p> <ul style="list-style-type: none"> <li>• Budgeting – Helping you decide how to best use Individualized or Passport Funding.</li> <li>• Finances – Direct payment of your bills to other services and agency supports. Reimbursement of invoiced expenses.</li> <li>• Staffing – Support with recruiting, training, monitoring your independent contractors/employees. Support with administering their contracts and annual reviews.</li> <li>• Liaison – Linking you to the wider community.</li> </ul> <p>For eligibility criteria visit:  <a href="https://fswe.ca/support-services/">https://fswe.ca/support-services/</a></p>	

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Housing & Finance Resources in Windsor-Essex

#### Windsor-Essex Family Network, My Home My Choice Initiative

[info@windsoressexfamnet.ca](mailto:info@windsoressexfamnet.ca)

(519) 974-1008

Since 2010, Windsor-Essex Family Network and partners have been inspiring people and families about what it means to have an affordable home to call one's own... one that offers security, stability and sustainability in an inclusive society.

For the purposes of the My Home, My Choice initiative in Windsor and Essex County, a home includes the type of home-setting that any person might choose.

This could be about renting or owning. It could mean living in a stand-alone house, secondary suits, townhouse, apartment, condominium, or housing co-op. It could be choosing to live alone, with a friend, beside or with your family. It could be about renovating within the family home, or creating private space beside the family home. There are many options for home living to consider, and many different ways to prepare for living on one's own someday.

For resources and documents to help you think about various home options as well as strategies other families have used for safety and making things easier, please visit:

<https://windsoressexfamnet.ca/my-home-my-choice-initiative/>

#### Ontario Disability Support Program (ODSP), Income Supports

[adminwindsorodsp@ontario.ca](mailto:adminwindsorodsp@ontario.ca)

(519) 256-7107

The Ontario Disability Support Program Income Support helps people with disabilities who are in financial need pay for living expenses, like food and housing.

To qualify for ODSP income support, you must:

- be at least 18 years old
- be an Ontario resident
- be in financial need **and**
- meet the program's definition of a person with a disability.
- 

You are considered to be in financial need if the costs of your household's basic living expenses are more than your household's income and assets (as determined by your ODSP caseworker).

#### Windsor Essex Brokerage for Personal Supports, Youth Transition Planning

**Jessica Kitchen**

[jessica@webps.ca](mailto:jessica@webps.ca)

(519) 966-8094

Young people who are 13-18 years old and live with a developmental disability can meet with an independent facilitator to help plan for their life after high school.

There are many questions that teenagers are asked as they prepare to move from high school to adulthood. An independent facilitator can help young people and their families to start to think and make choices about:

- What to do after high school (work, post-secondary education, volunteering)
- What resources and supports are available to you (community connections, customized support options, etc.)
- Where you want to live when you are an adult
- How you want to be part of and give back to your neighbourhood and community
- Who you trust and want to be in your life

# PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

## Employment & Education Resources in Windsor-Essex

### Assisted Living Southwestern Ontario (ALSO), Equal Ability Employment Supports

**3141 Sandwich Street  
Windsor, Ontario, N9C 1A7**

**(519) 969-8188**

An employment support program which provides assessment, job search, job placement, and job coaching and employment maintenance services.

Equal Ability is a personnel service established to network persons with a physical disability or other employment barriers with prospective or current employers.

Our mission is to provide comprehensive employment support services from task assessments to on-going job coaching and follow-up training in a community work environment.

### Coachworx Employment Solutions

**(519) 974-6643**

Are you currently collecting Disability/ODSP? Do you have a medical condition? Do you need assistance to find work or make a career change?

Did you have an IEP in high school or attend a school such as Century (Westview Freedom Academy), Monarch, Shawnee, or Western?

You will receive one-on-one, personal, confidential services designed around your particular needs and based upon your input. At Coachworx, you will work with people who listen to you and who will help you to achieve success.

### Community Living Essex County, Career Compass' Youth In Action

**Derek Roy**

[droy@communitylivingessex.org](mailto:droy@communitylivingessex.org)

**(519) 776-6483 ext. 211**

Summer Work Experience is a program that will provide students who have an intellectual disability the opportunity to find meaningful part-time employment opportunities in their communities! The goal is to provide students the opportunity to earn money during the summer, while adding valuable skills and experiences to their resume.

Students hired by local businesses will be paired with a student job coach, employed by Community Living Essex County. Their role will be to work alongside students and employers to mentor and guide them, ensuring they understand and complete all work related duties.

### Community Living Windsor, Employment Supports

**Terry Cloutier**

[terry@clwindsor.org](mailto:terry@clwindsor.org)

**(519) 256-1924**

Our employment specialists will match your skills and abilities with an employer's needs and then provide on-the-job training and support to ensure workplace success.

Our goal is to create a win-win situation in which the employer and the employee benefit from the match. We work with co-workers and supervisors to ensure mutual satisfaction and success.

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Employment & Education Resources in Windsor-Essex

#### Community Living Windsor, Work 4 All

**Allison Robertson-Recine**

[allison.robertsonrecine@clwindsor.org](mailto:allison.robertsonrecine@clwindsor.org)

**(519) 256-1924**

Our employment specialists will match your skills and abilities with an employer's needs and then provide on-the-job training and support to ensure workplace success.

Our goal is to create a win-win situation in which the employer and the employee benefit from the match. We work with co-workers and supervisors to ensure mutual satisfaction and success.

#### Discover Ability Network Windsor-Essex

[www.windsor.discoverability.network/job-seeker/](http://www.windsor.discoverability.network/job-seeker/)

Discover Ability is a free online portal and resource that connects Ontario businesses directly to people with disabilities. The Discover Ability Network includes a variety of associations, community and government partners.

The online portal connects employers directly with persons with disabilities seeking employment, includes a 6-step guide acts as a great resource for employers, and provides answers to any questions employers may have when hiring—and retaining—employees with disabilities.

#### Insight Advantage Inc.

**1821 Provincial Road  
Windsor, ON N8W 5V7**

**(519) 254-1445**

Specializes in providing a wide range of one-on-one employment services to people with disabilities to assist them in reaching their employment goals.

Insight Advantage offers services such as: resume writing, interview skills, application forms, employment planning, job search techniques, job placement services, onsite job coaching services and much more!

#### New Beginnings, Youth Opportunities Strategy & Youth Job Connection Program

**Lorraine Oloya  
Jocelyn Larocque**

[loloya@newbe.ca](mailto:loloya@newbe.ca)  
[jlarcque@newbe.ca](mailto:jlarcque@newbe.ca)

**(519) 254-2363 ext. 416  
(519) 254-2363 ext. 422**

The Youth Job Connection program serves youth aged 15 to 29 who experience multiple and/or complex barriers to employment by providing more intensive supports beyond traditional job search and placement opportunities.

Supports include paid pre-employment training to promote job-readiness; job matching and paid job placements, with placement supports for participants and hiring incentives for employers; mentorship services; and education and work transitions supports.

Youth Job Connection consists of two components. First, a year-round component, which provides intensive employment supports for youth aged 15 to 29 who are not in employment, education or training and who experience multiple barriers to employment. This program is a continuous intake at New Beginnings with training sessions offered every other month.

Secondly, a summer component – Youth Job Connection: Summer – which provides summer, part-time and after-school job opportunities to high school students, aged 15 to 18, who are facing challenging life circumstances and may need support transitioning between school and work. Applications must be submitted by June 1st to be considered for the summer component.

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Employment & Education Resources in Windsor-Essex

#### Ontario Disability Support Program (ODSP), Employment Supports

[https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment\\_support/index.aspx](https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment_support/index.aspx)

We know many people with disabilities can work and want to work. That's why there are Ontario Disability Support Program employment supports.

To qualify for employment supports, you must:

- be at least 16 years old
- be an Ontario resident
- be legally allowed to work in Canada
- have a substantial physical or mental disability that is expected to last a year or more, and makes it hard for you to find or keep a job

You don't have to be receiving income support from ODSP to be eligible for employment supports.

#### South Essex Community Council, Employment Edge

**215 Talbot St. E**  
**Leamington ON N8H 3X5**  
**(519) 326-8629**  
[info@secc.on.ca](mailto:info@secc.on.ca)

**21-313 Main St. E**  
**Kingsville, ON N9Y 1A7**  
**(519) 326-8629**  
[info@secc.on.ca](mailto:info@secc.on.ca)

**1168 Drouillard Rd.**  
**Windsor, ON N8Y 2R1**  
**(519) 915-5362**  
[info@secc.on.ca](mailto:info@secc.on.ca)

This program provides services for persons with self-identified disabilities seeking employment or re-training. Employment Edge staff are well-trained, knowledgeable about the local labour market and able to provide the extra supports that may be required to ensure your success. Staff will work together with you to help you find employment opportunities based on your specific needs. If you have left employment due to reasons caused by a disability, you may qualify for retraining through Second Career. You can access these services in our Leamington and Kingsville locations, or visit us in Windsor the Gino A. Marcus Community Centre.

Employment Edge works with people who are 14 years of age and up.

#### St. Clair College, Community Integration through Cooperative Education (CICE) Program

**Randal Semeniuk**

[rsemeniuk@stclaircollege.ca](mailto:rsemeniuk@stclaircollege.ca)

**(519) 972-2727 ext. 2768**

This program 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 that will help them prepare for employment. Students will engage with their peers in courses specific to the CICE program. Having chosen an individual vocational direction, each student will attend academic courses with their college peers. The support of a Learning Facilitator will be provided. The Learning Facilitator may attend classes, provide follow-up study skills, test preparation, and support course modifications when necessary.

CICE core curricula will include subjects covering communications, job and life skills, and human relations. Academic courses will be elective in nature and may be chosen from a variety of programs. Additional vocational areas may be added as the program progresses and grows. Work placement will help CICE students to develop and/or enhance vocational skills and involvement within their community. It is a goal that graduates will be able to function more independently and ideally, transition to volunteer or paid employment on a part-time or full-time basis.



# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Employment & Education Resources in Windsor-Essex

St. Clair College, Academic & Career Entrance (A.C.E.) Program		
<b>Deb Wilmott</b>	<a href="mailto:dwilmott@stclaircollege.ca">dwilmott@stclaircollege.ca</a>	<b>(519) 354-9714 ext. 3586</b>
<p>This program is perfect for people who need the admission requirements to apply to a college program, to upgrade their workplace skills, or begin apprenticeship training. These courses are at a high school level of difficulty and are used for entry to a college program.</p> <p>If you do not have a high school diploma or you completed high school some time ago and need to refresh your skills, this free program can help you achieve your career goals.</p> <p>You may also choose to earn the Academic and Career Entrance (ACE) Certificate, which is accepted as equivalent to a Grade 12 Diploma by Ontario community colleges.</p>		

Unemployed Help Center of Windsor Inc., Youth Job Connection		
<b>Pat Katona</b>	<a href="mailto:pkatona@uhc.ca">pkatona@uhc.ca</a>	<b>(519) 944-4900 ext. 123</b>
<p>Offered bi-weekly year-round; 60 hours of paid pre-employment training.</p> <p>If your career path has been rough, consider our 60 hours of paid pre-employment training to help transition you into employment while overcoming any obstacles you may have previously been facing. To qualify you must be:</p> <ul style="list-style-type: none"> <li>· Must be a youth between ages 15-29</li> <li>· Must be currently unemployed</li> <li>· Must not be attending full-time school or training</li> <li>· Must be a resident of Ontario</li> </ul>		

Unemployed Help Center of Windsor Inc., Youth Job Connection - Summer		
<b>Pat Katona</b>	<a href="mailto:pkatona@uhc.ca">pkatona@uhc.ca</a>	<b>(519) 944-4900 ext. 123</b>
<p>Offered during the Summer months only; up to 8 weeks.</p> <p>If you are looking for part-time employment while in school, UHC can connect you to an employer for up to 8 weeks and possibly up to 10 hours per week throughout the school year. If you want to earn some money and work experience while you continue your education, we can help you with that! To qualify you must be:</p> <ul style="list-style-type: none"> <li>· Must be a youth between ages 15-18</li> <li>· Must be currently unemployed</li> <li>· Must be a resident of Ontario</li> </ul>		

Workforce WindsorEssex, WEskills Project		
<b>Darlene Malcolm</b>		<b>(226) 674-3220 ext. 857</b>
<p>As part of the WEskills project, Workforce WindsorEssex provides programs and services to the community. Some of which are:</p> <ul style="list-style-type: none"> <li>· <i>WEskills Database</i>: a regional skills database, comprised of local resumes, that the City can use to help businesses find potential candidates for hire;</li> <li>· <i>WEjobs</i>: the distribution of local job postings, job fairs, and short-term training opportunities</li> <li>· Connect job seekers and employers to local Service Providers and programs</li> <li>· Engage the community through workshops and booths at local events to share local labour market information</li> </ul>		



# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Employment & Education Resources in Windsor-Essex

#### YMCA, Y Works

**Roopa Tharuvai**  
**Ray Kurniawan**

[roopa.tharuvai@sw.ymca.ca](mailto:roopa.tharuvai@sw.ymca.ca)  
[ray.kurniawan@sw.ymca.ca](mailto:ray.kurniawan@sw.ymca.ca)

**(519) 258-9622 ext. 258**  
**(519) 258-9622 ext. 271**

**Y Works** is an employment program that assists youth and young adults ages 15-30 to overcome barriers of employment. Our program delivers a range of activities that help youth overcome barriers to employment and develop a broad range of skills and knowledge in order to participate in the current and future labour market. Over a 5-week period we provide individual and group-based support that include employability skills building workshops. Upon completion, we 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 for tailored support are provided to both participants and their employer to promote long-term success

#### YMCA, Y Opportunities

**Heather Torti**

[heather.torti@sw.ymca.ca](mailto:heather.torti@sw.ymca.ca)

**(519) 256-7330 ext. 279**

**Y Opportunities** is an employment program that assists people with diagnosed or self-identified disabilities overcome their barriers to employment. Our supports are designed to help participants refine and discover new skills towards labour market integration or further education. Over 6 weeks, we provide individual and group supports that include needs assessments and employability and skills-building workshops. Upon completion, we 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.

# PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

## Technology Resources in Windsor-Essex

### Enabling Technology

[www.enablingtech.ca](http://www.enablingtech.ca)

A free online resource showcasing tech products for people, families, friends and supporters.

### Learning Disabilities Association of Windsor-Essex County (LDAwe), Assistive Technology Refresher

[programs@LDAwe.ca](mailto:programs@LDAwe.ca)

**(519) 252-7889 ext. 102**

These courses have been designed for students with learning disabilities who have received assistive technology training at school. This course will review assistive technology concepts and help students with helping students utilize these tools when completing schoolwork.

In order to participate, you must have received AT training at school.

There is a \$50.00 cost associated with this course.

Course available for laptop, iPad and Chromebook.

Laptop: Delivered using Microsoft Teams

iPad: Delivered using Zoom

Chromebook: Delivered using Google Meet

### Learning Disabilities Association of Windsor-Essex County (LDAwe), Tech 101 – Digital Literacy

[programs@LDAwe.ca](mailto:programs@LDAwe.ca)

**(519) 252-7889 ext. 102**

This program has been designed to help students with learning disabilities and ADHD up to Grade 9 about the powerful use of computers. Students should select the course based on the technology they are using to complete schoolwork. This program will be delivered virtually using Google Meet, Microsoft Teams, or Zoom. Tech 101 is available in three formats: Laptops, Chromebooks, and iPads.

There is a \$50.00 cost associated with this course.

Laptops: This course will focus on keyboarding, file management & organization, using a digital calendar, researching effectively using the internet, Microsoft 260 and smart social media use.

Chromebook: This course will focus on keyboarding, file management & organization, using a digital calendar, researching effectively using the internet, Google apps for education, and smart social media use.

iPad: this course will focus on keyboarding, file management & organization, using a digital calendar, researching effectively using the internet, Google apps for education, and smart social media use

# PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

## Technology Resources in Windsor-Essex

### Ontario Disability Support Program (ODSP), Coverage for Assistive Devices

If you are receiving Ontario Disability Support Program Income Support, you are eligible for the Assistive Devices Program under the Ministry of Health and Long-Term Care.

The Assistive Devices Program generally pays for up to 75% of the cost of approved assistive devices. In some cases, the Assistive Devices Program pays a fixed amount for a device or provides grants directly to a person for supplies. The Ontario Disability Support Program can help with some of the costs that are not covered by the Assistive Devices Program.

Here are some categories of assistive devices:

- mobility devices, such as wheeled walkers and wheelchairs
- visual aids, such as magnifiers
- hearing aids
- orthotic or prosthetic devices
- speech devices, such as teletypewriters
- certain medical supplies, such as ostomy supplies
- respiratory devices.

The Assistive Devices Program sets out what assistive devices are covered and the maximum amount of coverage. To get Assistive Devices Program funding, you need to get approval first from a physician or qualified professional who is registered with the Assistive Devices Program. Usually, the physician or qualified professional also assesses your needs and prescribes the device or supplies.

The Assistive Devices Program will not reimburse you for devices you buy before getting approval.

The Assistive Devices Program does not cover the assessment fee for assistive devices. However, the Ontario Disability Support Program may cover the assessment fee, if there is no other source of funding available.

For the Ontario Disability Support Program to cover the assessment fee you need to get:

- approval by the Assistive Devices Program **before** buying an assistive device, and
- pre-approval from your local Ontario Disability Support Program office for all assessment fees over \$500.

The Assistive Devices Program generally does not provide funding for batteries or repairs. The Ontario Disability Support Program can help with the cost of batteries or repairs for hearing aids and mobility devices, like an electric wheelchair.

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Recreation & Leisure Resources in Windsor-Essex

#### SELF-ADVOCATE & FAMILY GROUPS

<b>Ensemble</b>		
<a href="mailto:ensemble@communitylivingessex.org">ensemble@communitylivingessex.org</a>	<b>372 Talbot St. N Essex, ON N8M 2W5</b>	<b>(519) 776-6483 ext. 225</b>
<p>Ensemble is a parent-directed resource for families caring for someone with a disability that provides support from birth through adulthood.</p> <p>Ensemble provides emotion support to parents, promotes family leadership, and services as a resource to families, professionals, and government agencies.</p> <p>Ensemble inspires possibilities for our children by promoting family leadership so that families thrive and become active members in the community.</p>		
<b>New Day, Leaders of Today</b>		
<a href="mailto:newday@communitylivingessex.org">newday@communitylivingessex.org</a>	<b>(519) 776-6483 ext. 267</b>	
<p>New Day is a self-advocacy group involving people with intellectual disabilities who receive supports from Community Living Essex County. New Day members work together and independently to increase awareness both within the organization, as well as within the community about what it means to live with a disability.</p> <p>What we do:</p> <ul style="list-style-type: none"><li>• Attend conferences and workshops and share information with others</li><li>• Meet once a month as a group</li><li>• Discuss media issues</li><li>• Promote and develop public speaking skills</li><li>• Discuss fundraising ideas</li><li>• Work with agencies to make information easier to understand</li></ul>		
<b>People First of Windsor</b>		
<b><i>Kirby Stanczak, Acting President</i></b>	<a href="mailto:swimstarcanada@hotmail.com">swimstarcanada@hotmail.com</a>	
<p>The Windsor chapter of People First of Ontario generally hosts monthly meetings for people with intellectual disabilities who care about rights and responsibilities, real jobs, real education, and real work for all people.</p> <p>Please contact People First of Ontario to request information about your local chapter.</p>		
<b>Windsor-Essex Family Network</b>		
<a href="mailto:info@windsoressexfamnet.ca">info@windsoressexfamnet.ca</a>	<b>(519) 974-1008</b>	
<p>Windsor-Essex Family Network is a network of parents, grandparents, brothers, sisters, and friends who believe in the inclusion and well-being of children and adults who have different abilities and challenges.</p> <p>More simply, we are a group of people who have a relative or friend who is living with a disability. We believe that everyone, with or without a disability, belongs in our neighbourhoods and communities.</p> <p>We are families who share information and experiences with each other, provide emotional and practical support, develop briefs to tell government and others what we need and create information to help other families on their journey.</p> <p>We are families and friends who care.</p>		

# PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

## Recreation & Leisure Resources in Windsor-Essex

### DAY PROGRAMS & RESPITE SERVICES

<b>Abode Respite Services Inc.</b>		
<b>Heather McCann-Smith</b>	<a href="mailto:aboderespite@outlook.com">aboderespite@outlook.com</a>	<b>(519) 961-9092</b>
<p>Abode Respite Services Inc. is a non-profit organization that is dedicated to providing out-of-home group respite services and inclusive community programming opportunities to adults of all abilities.</p> <p>Abode Respite Services Inc. operates Monday-Friday from 9:00AM to 5:00PM.</p> <p>Group Respite members participate in monthly programming and community involvement for a group respite rate, at the Abode Respite House in Essex.</p> <p>Direct Respite Supports are also offered at a 1:1 ratio. There is a waiting list for this service, price determined after assessment.</p> <p>For more information please contact.</p>		

<b>Assisted Living Southwestern Ontario (ALSO) Chrysalis Day Club</b>	
<b>Angela Owen</b>	<b>(519) 969-8188 ext.300</b>
<p>The Chrysalis Day Club is a member driven club based on meaningful work and the development of meaningful relationships.</p> <p>The club is open Monday to Friday, from 8:00AM – 4:00PM.</p> <ul style="list-style-type: none"> <li>Members choose between working in the maintenance, kitchen or clerical units.</li> <li>Projects are based on skill, imagination, and the talents of the participants</li> <li>Must be 18 years or older, and must have a diagnosis of an Acquired Brain Injury (ABI)</li> </ul> <p>For more information, please contact.</p>	

<b>Assisted Living Southwestern Ontario (ALSO), Participation Industries</b>	
	<b>(519) 969-8188</b>
<p>Participation Industries is a Day Program for adults with physical disabilities. Emphasis is placed on enhancing physical, social, academic and working skills. Service plans are developed and implemented to optimize and challenge each individual.</p> <p>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.</p> <p>For more information, please contact.</p>	

<b>Christian Horizons</b>		
<b>Mary Varughese</b>	<a href="mailto:Mvarughese@christian-horizons.org">Mvarughese@christian-horizons.org</a>	<b>(519) 652-3663 ext.2229</b>
<p>Christian Horizons Community Participation Supports offer opportunities for adults over 18 to engage in skills development, community involvement, employment, volunteer opportunities and recreational activities.</p> <p>Other services Christian Horizons Essex (Windsor) offers are:</p> <ul style="list-style-type: none"> <li>Supported Independent Living</li> <li>Host Family Services</li> <li>Community Residences</li> </ul>		

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Recreation & Leisure Resources in Windsor-Essex

Community Living Essex County, Channel Amherstburg		
<b>260 Bathurst Street Amherstburg, ON N9V 1Y9</b>	<a href="mailto:sandra@communitylivingessex.org">sandra@communitylivingessex.org</a>	<b>(519 )736-5077</b>
For more information, please contact.		

Community Living Windsor, Ventures		
<b>Steve Shearer</b>	<a href="mailto:steve@clwindsor.org">steve@clwindsor.org</a>	<b>(519) 984-2308</b>
<p>Ventures offers opportunities for people who receive support during the day to learn something new and get connected. Whether it is through volunteering or choosing to become a member with a community based organization, being connected offers someone an opportunity to participate in and give back to their community. Ventures has created strong links with some community partners to assist the people we support as they fulfill roles that are essential within our Windsor community.</p> <p>A variety of classes are offered in group or one-on-one settings to help people learn new skills and discover new hobbies. Some examples include:</p> <ul style="list-style-type: none"> <li>· Gardening</li> <li>· Safe food handling and food preparation]</li> <li>· Zumba fitness</li> <li>· Swimming</li> <li>· Lessons on using different computer software programs</li> </ul> <p>Hours of operation are 7:30AM – 3:30PM.</p> <p>For more information, please contact.</p>		

Fun Time Day Program		
<b>3735 King St. Windsor, ON N9C 1P7</b>	<a href="mailto:funtimesdayprogram@gmail.com">funtimesdayprogram@gmail.com</a>	<b>(519) 252-8998</b>
<p>The Fun Time Day Program strives on creating an inclusive atmosphere embracing individuals differences. They offer a resource facility for our consumers to come play sports, engage in creative activities, enjoy meals and make friends along the way. Fun Time Day Program's venue is able to provide both indoor and outdoor recreational sports, a computer lab, a movie theatre, social lounging areas and a relaxing multi-sensory media room.</p> <p>Through their flexible schedule, they offer both breakfast and lunch to their consumers each day amongst the various activities planned.</p> <p>Fun Time Day Program's goal is for their clients to engage in social interaction, thus furthering social development skills, while enjoying themselves in a safe and inviting environment.</p> <p>For more information, please contact.</p>		

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Recreation & Leisure Resources in Windsor-Essex

Harmony In Action		
<b>Elizabeth Esposito</b>	<a href="mailto:executivedirector@harmonyinaction.com">executivedirector@harmonyinaction.com</a>	<b>(519) 252-1207</b>
<p>Harmony In Action is a non-profit, incorporated, registered charity that:</p> <ul style="list-style-type: none"> <li>· Provides a Day Program, Monday – Friday</li> <li>· Offers weekly and monthly recreational and social activities</li> <li>· Offers a Recreational Extended Hours Program (Monday – Friday, 3:00PM – 6:00PM)</li> <li>· Strives to meet the needs of individuals with physical and/or developmental disabilities</li> <li>· Believes that individuals with physical and/or developmental disabilities have as much right as others to meaningful experiences that develop their self-worth, the talents they possess and their sense of social acceptance</li> </ul> <p>Harmony In Action's staff and volunteers work with all individuals who come to Harmony Programs to maintain and/or increase skills, and to encourage personal development. They focus on developing activities that generate feeling of accomplishment, self-worth and acceptance-qualities that contribute to a satisfying, well-rounded and well-lived life.</p>		

The Inclusion Academy	
<a href="mailto:Mail.inclusionacademy@gmail.com">Mail.inclusionacademy@gmail.com</a>	<b>(519) 560-7102</b>
<p>Located in Amherstburg, The Inclusion Academy aims to build community based connections with adults living with developmental disabilities. We offer life skills workshops, group recreational outings, respite relief and much more.</p> <p>The Inclusion Academy supports individuals within the Essex County region.</p> <p>Offering a ladies group in Essex, the Inclusion Academy utilizes local amenities such as the library, community centre or the public pool to truly be a community-based service provider.</p> <p>For more information, please contact.</p>	

Leslie's Support Solutions		
<b>Leslie Ingratta</b>	<a href="mailto:admin@lsswindsor.com">admin@lsswindsor.com</a>	<b>(519) 915-0753</b>
<p>Leslie's Support Solutions offers personal support, along with 24-hour in-home respite services.</p> <p>LSS will match one of their team members to the objectives outlined in the person-directed support plan.</p> <p>For more information &amp; detail, please contact.</p>		

Reach for the Skye		
<b>1169 Tecumseh Rd. E Windsor, ON N8W 1B5</b>	<a href="mailto:reachoffice@kelcom.net">reachoffice@kelcom.net</a>	<b>(519) 946-0263</b>
<p>Reach for the Skye is a Day Program for developmentally/physically challenged youth and adults, as well as students aged 13 to 20 during P.A. days, March Break and Summer Holidays.</p> <p>Staff and volunteers encourage independence by asking for the individuals supported to assist with all daily tasks that are required at Reach for the Skye. They help with sweeping the floors, wiping tables down, doing dishes and preparing food.</p> <p>It is a priority at Reach for the Skye that everyone is treated with respect and respect each other.</p> <p>Reach for the Skye encourages participation in their activities, either in a group or one-on-one. Their life skill programs encourage personal growth and development. Integration into the community is important to those at Reach for the Skye.</p> <p>For more information, please contact.</p>		

**PLANNING FOR SUCCESS**  
**PREPARING NOW FOR THE FUTURE**  
Recreation & Leisure Resources in Windsor-Essex

Roots 2 Wings Inc.		
<b>Jody Lowrie</b>	<a href="mailto:info@roots2wings.ca">info@roots2wings.ca</a>	<b>(226) 674-3500</b>
<p>Roots 2 Wings provides young adults living with a disability the opportunities to grow and develop skills to enhance their independence, social skills and quality of life.</p> <p>The daytime program offered by Roots 2 Wings is for adults, aged 18 years and up. This program runs Monday to Friday, 9:00AM – 3:00PM. Before and after program care runs 7:00AM to 9:00AM and 3:00PM to 5:00PM.</p> <p>The activities provided in the daytime program focus on:</p> <ul style="list-style-type: none"><li>· Socialization</li><li>· Community Involvement</li><li>· Independent Living and Self-Help Skills</li><li>· Building Friendships and Self Confidence</li></ul> <p>Program activities are completed on-site and within the community.</p> <p>For more information about services provided, please contact.</p>		



# PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

## Mental Health Supports & Services in Windsor-Essex

### Assertive Community Treatment (ACT) Programs, Hôtel-Dieu Grace Healthcare

**1086 Ouellette Avenue  
Windsor, ON N9A 1E1**

**321 St. Clair Street  
Chatham, ON N7L 3J8**

**(519) 257-5125ext. 2**

Hôtel-Dieu Grace Healthcare's (HDGH) Assertive Community Treatment (ACT) program is a community-based, recovery model of care for individuals who have severe and persistent mental illness. ACT assertively reaches out to clients where and when they need help – directly in your home and in your community.

A total of three ACT teams provide care throughout Windsor-Essex (2) and Chatham-Kent (1) Counties.

ACT brings an inter-professional team of healthcare workers together, including psychiatrists, social workers, nurses, occupational therapists, therapeutic recreation and vocational rehab therapists, to provide you with highly integrated and individualized services. ACT gives you a single point of access – one door to comprehensive treatment, rehabilitation, and support, at any time or day of the week.

***Referrals to the ACT program may only be received from psychiatrists.***

### Dual Diagnosis Consultation Program, Hôtel-Dieu Grace Healthcare

**Toldo Neurobehavioural Institute, CPH 3<sup>rd</sup> Floor  
1453 Prince Road  
Windsor, ON N9C 3Z4**

**(519) 257-5125ext. 2**

Hôtel-Dieu Grace Healthcare's (HDGH) Dual Diagnosis Consultation Program is an outreach stabilization service for those individuals, 16 years of age or older, with a pre-existing Developmental Disability indicated by an IQ of 70 or less, and also have a Psychiatric Disorder.

***Referrals to the Dual Diagnosis program may only be received from physicians or psychiatrists.***

### Canadian Mental Health Association (CMHA)

**[info-referral@cmha-weeb.on.ca](mailto:info-referral@cmha-weeb.on.ca)**

**(519) 973-4435**

CMHA offers a range of services to help people living in Windsor-Essex County. They have a variety of programs and services for the most seriously mentally ill along with those dealing with moderate mental illness and addictions.

CMHA will gladly assist any individual seeking information or resources on mental illness and mental health through Information and Referral Services by calling the number listed above.

### Family Services Windsor-Essex (FSWE)

**[info@fswe.ca](mailto:info@fswe.ca)**

**1-888-933-1831**

Everyone needs support at some time in their life. FSWE's qualified counsellors can help you work through your concerns, develop new coping skills and build self-resilience to help you move forward through whatever your stage of life. Their counsellors use several therapeutic interventions with a recognition of the goals and values of each person. FSWE has the privilege of serving, including an emphasis on growth and development and assisting people with situational change.

FEW offer individual, couples and family (including children's and youth) counselling services in such areas as marriage, addiction, depression, anxiety, sexuality, separation, divorce, parenting, trauma, self-esteem and emotional regulation and overall wellness. Family Services Windsor-Essex offers their services at locations across Windsor and Essex County.

# PLANNING FOR SUCCESS

## PREPARING NOW FOR THE FUTURE

### Mental Health Supports & Services in Windsor-Essex

#### Maryvale

[cmartin@matryvale.ca](mailto:cmartin@matryvale.ca)

**(519) 258-0484**

Maryvale is a Children's Mental Health treatment centre in Windsor that helps young people and their families who, for a variety of reasons, are in serious emotional or psychological distress and are not doing well emotionally and mentally in their thinking about themselves and others. They may be highly anxious, depressed, suicidal, feeling worthless and hopeless, or they have lost their willingness to care about others. They may be dealing with debilitating learning disabilities.

Some students attend Maryvale during the day for school while others attend for counselling only to sort out some areas of distress they are facing.

It is Maryvale's passion to promote the recognition and understanding that one's inner mental and emotional world is of utmost importance and determines more than any other factor the quality of one's current and future life.

#### Regional Support Associates (RSA)

**4510 Rhodes Drive, Unit 130  
Windsor, ON N8W 5K5**

**(519) 974-9476**

RSA offer specialized clinical supports providing:

- Clinical consultation services to adults with intellectual disabilities and who are presenting with challenging behaviour
- Psychological assessment services
- Consultation on dual diagnosis and developmental disabilities to all sectors of the service system
- Specialized psychological/sexuality/behavioural and other assessment services using a consultative model to maximize available expertise
- Short-term case management services in urgent circumstances
- Justice case management for people with a dual diagnosis

You may contact the local Developmental Services Ontario (DSO) office to make a request for process to access Regional Support Associates. They assist with "behaviour management".

#### Teen Health, weCHC

**1361 Ouellette Avenue, Unit 101  
Windsor, ON N8X 1J6**

**(519) 253-8481**

weCHC – Teen Health provides free and confidential services for youth 12-24 years of age. There are no geographical boundaries to accessing our free services:

- Medical Care
- Counselling
- Groups
- E-Library
- Addiction Support
- Eating Disorder Support

# PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

## Transportation Services in Windsor-Essex

<b>Amherstburg Community Services, CareLink Health Transit</b>	
<b>320 Richmond Street Amherstburg, ON N9V 1H4</b>	<b>(519) 736-5471</b>
<p>Get where you need to go with CareLink Accessible Transportation. Our accessible vehicles and friendly drives can help you overcome any mobility barrier. We provide affordable door-to-door pickup and drop-off services to help you get to medical appointments, social outings and shopping or grocery trips.</p> <p>Amherstburg/LaSalle</p> <ul style="list-style-type: none"> <li>· \$12.00 local round trip</li> <li>· \$18.00 from Amherstburg to LaSalle round trip</li> <li>· \$18.00 from LaSalle to Amherstburg round trip</li> </ul> <p>Windsor</p> <ul style="list-style-type: none"> <li>· \$18.00 round trip to Windsor</li> <li>· \$20.00 round trip to Tecumseh</li> </ul> <p><b><i>This service can be used by adults of all ages who use aids such as a wheelchair, a walker or cane, residents who have demonstrated inability to walk 175 yards/158 meters without assistance.</i></b></p> <p><b><i>Service is provided to residents of Amherstburg and LaSalle.</i></b></p>	

<b>Canadian Checker Cab</b>	
<b>506 Hanna Street East Windsor, ON N8X 2N6</b>	<b>(519) 254-7777</b>

<b>Comfort Keepers Windsor-Essex</b>	
<b>5980 Tecumseh Road East, Unit 210 Windsor, ON N8T 1E3</b>	<b>(519) 946-1001</b>
<p>When you need to see your doctor, go for some medical tests, or simply want to run some errands or go shopping, Comfort Keepers can get you there through our Escorted Transportation Services.</p> <p>Differing from a taxi, we do more than pick you up and drop you off at your destination.</p> <p>Comfort Keepers will help you get dressed and prepared for your appointment, accompany you to your visit, take notes to convey back to your family, stay with you until you are ready to leave and then take you back home. We will also stay with you at home until you are settled back in, accompanied by family or full-time caregivers, or are ready to safely continue your day.</p>	

<b>Community Support Centre of Essex County, CareLink</b>	
<b>2-962 Old Tecumseh Road, Unit 4 Belle River, ON NPR 1A0</b>	<b>(519) 728-1435</b>
<p>This service is for non-emergency transportation to local and long-distance medical appointments.</p> <p><b><i>Adults 17 years and older travelling for a medical appointment, and adults 17 years or older living with a disability travelling for a social activity can access this service.</i></b></p>	

# PLANNING FOR SUCCESS PREPARING NOW FOR THE FUTURE

## Transportation Services in Windsor-Essex

### Handi-Transit

**3737 Walker Road  
Windsor, ON N8Y 2N7**

**(519) 966-0930**

This transportation service is for persons with physical disabilities, or the frail and elderly. This service can be used for employment, education, medical, personal business or leisure activities.

***Application needs to be completed by your physician to access this service.***

### South Essex Community Council (SECC), Community Home Support Services

**215 Talbot Street East  
Leamington, ON N8H 3X5**

**(519) 326-8629**

SECC is part of a collaborative of agencies providing transportation services across Windsor-Essex County. Our program provides affordable and accessible door-to-door transportation to Windsor and across Essex County. Travel for appointments, socializing, errands, shopping, volunteering or visiting family and friends.

Local service throughout Leamington, Kingsville and Wheatley is available Monday to Friday. Service to Windsor and other parts of Essex County is available on select days. Trips must be scheduled in advance.

User fees apply and vary by destination. Select holiday and after-hours service is available upon request and at additional cost.

There is no charge for self-supplied medically required attendant/escort. Contact us for more information including group trip rates.

### Transit Windsor

**3700 North Service Road East  
Windsor, ON N8W 5X2**

[tw@citywindsor.ca](mailto:tw@citywindsor.ca)

**(519) 944-4111**


Transit Windsor offers a subsidized monthly bus pass.

***Must be 18 years old, and an eligible recipient of Ontario Disability Support Program (ODSP) to qualify.***

# *Application* RESOURCE *List*










# Apps for Everyday Living

App Name	Description	Cost*
<b>Reminder with Voice Reminders</b> 	<ul style="list-style-type: none"> <li>Reminders for recurring (hourly, daily, weekly, etc.) and one-time events</li> <li><b>Available On: iOS</b></li> </ul>	FREE* \$1.49 - Premium Version
<b>ChoiceBoard Creator</b> 	<ul style="list-style-type: none"> <li>Create customized choice boards with up to 6 choices</li> <li><b>Available On: iOS</b></li> </ul>	FREE* \$2.99 - Premium Version
<b>Choiceworks</b> 	<ul style="list-style-type: none"> <li>Create your own checklists for completing daily routines</li> <li><b>Available On: iOS</b></li> </ul>	\$9.99 *Bundle Option: 13.99 (Choiceworks & Calendar)
<b>Choiceworks Calendar</b> 	<ul style="list-style-type: none"> <li>Picture based calendar with audio descriptions linked to images for scheduled events with countdown option</li> <li><b>iPad application only</b></li> <li><b>Available On: iOS</b></li> </ul>	\$6.99 *Bundle Option: 13.99 (Choiceworks & Calendar)
<b>First Then Visual Schedule</b> 	<ul style="list-style-type: none"> <li>Enables you to create the following: First Then boards, visual schedules, checklist with built-in timer option, social stories and choice boards</li> <li><b>Available On: iOS</b></li> </ul>	\$20.99
<b>Pictello</b> 	<ul style="list-style-type: none"> <li>Create slideshows of step by step instructions with audio commentary (either text to speech or record your own audio)</li> <li><b>Available On: iOS</b></li> </ul>	\$27.99




App Name	Description	Cost*
<b>Magnus Cards</b> 	<ul style="list-style-type: none"> <li>An educational app focused on learning a variety of skills (chores, social interactions, entertainment sites)</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Brilli</b> 	<ul style="list-style-type: none"> <li>Set up routines (with audio and visual prompts) and watch as the user completes tasks in real-time earning rewards</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE*
<b>IFTTT (If This, Then That)</b> 	<ul style="list-style-type: none"> <li>Allows apps to work together and do specific things they previously couldn't do using a trigger and an action; when something changes in one service, it will trigger an action on another service or device.</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>iDo Hygiene</b> 	<ul style="list-style-type: none"> <li>Videos and slideshows teaching personal hygiene</li> <li>Customizable if the user chooses</li> <li><b>iPad application only</b></li> <li><b>Available On: iOS</b></li> </ul>	FREE*
<b>iDo Getting Dressed</b> 	<ul style="list-style-type: none"> <li>Videos and slideshows for getting dressed</li> <li><b>iPad application only</b></li> <li><b>Available On: iOS</b></li> </ul>	FREE*
<b>iDo Community</b> 	<ul style="list-style-type: none"> <li>Videos and slideshows demonstrating what happens in certain public settings and how to act</li> <li><b>iPad application only</b></li> <li><b>Available On: iOS</b></li> </ul>	FREE*
<b>iDo Chores</b> 	<ul style="list-style-type: none"> <li>Videos and slideshows for household chores</li> <li><b>iPad application only</b></li> <li><b>Available On: iOS</b></li> </ul>	FREE*



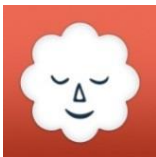


App Name	Description	Cost*
<b>iDo Food</b> 	<ul style="list-style-type: none"> <li>Videos and slideshows for basic food preparation and dining etiquette</li> <li><b>iPad application only</b></li> <li><b>Available On: iOS</b></li> </ul>	FREE*
<b>iDress for Weather</b> 	<ul style="list-style-type: none"> <li>Make connections between weather conditions and appropriate clothing</li> <li><b>Available On: iOS</b></li> </ul>	\$2.79
<b>Weatherproof</b> 	<ul style="list-style-type: none"> <li>Learn what the current weather is, and be made aware what the optimal outdoor clothing is for the next few hours.</li> <li><b>Available On: Android</b></li> </ul>	FREE
<b>Look Cook and Eat</b> 	<ul style="list-style-type: none"> <li>A digital how-to cooking magazine designed for people with intellectual disabilities</li> <li>Not an app, but the website can be saved directly to the home screen of a device for easy access like an app</li> </ul>	\$30 USD/Year
<b>Let's Be Social</b> 	<ul style="list-style-type: none"> <li>Teaches lessons on social interactions</li> <li>Engages user through examples and questions</li> <li>Option for lesson customization</li> <li><b>iPad application only</b></li> <li><b>Available On: iOS</b></li> </ul>	FREE* \$13.99 - Premium Version
<b>My Waste</b> 	<ul style="list-style-type: none"> <li>Using an address, this app will send reminders for garbage day, recycle and yard waste.</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE (Only in participating communities)
<b>Tetra Alarm</b> 	<ul style="list-style-type: none"> <li>Easily set and customize alarms with the ability to repeat them and customize sound with music, recorded audio or add vibration or flash</li> <li><b>Available On: Android</b></li> </ul>	FREE (Only in participating communities)






# Apps for Communication


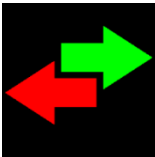

App Name	Description	Cost*
<b>Visuals 2 Go</b> 	<ul style="list-style-type: none"> <li>Create personal picture cards with text-to-speech option in a variety of voices</li> <li><b>Available On: iOS</b></li> </ul>	FREE
<b>Voice4u</b> 	<ul style="list-style-type: none"> <li>A picture and voice-based communication system</li> <li><b>Available On: iOS and Android</b></li> </ul>	\$84.99
<b>Proloquo2Go</b> 	<ul style="list-style-type: none"> <li>A symbol-based communication app</li> <li><b>Available On: iOS</b></li> </ul>	\$349.99

# Apps for Relaxation




App Name	Description	Cost*
<b>Stop, Breathe &amp; Think</b> 	<ul style="list-style-type: none"> <li>Meditation/mindfulness app that allows the user to check in with how they are feeling emotionally and physically</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE*
<b>Smiling Mind</b> 	<ul style="list-style-type: none"> <li>A meditation app developed by psychologists and educators to help bring balance to people's lives.</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>MindShift</b> 	<ul style="list-style-type: none"> <li>Helps people deal with anxiety by learning to relax and be mindful and to develop effective ways of thinking to take control of anxiety</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE

App Name	Description	Cost*
<b>Breethe</b> 	<ul style="list-style-type: none"> <li>De-stress, sleep better, get happier and be healthier with guided meditations, soothing music, and nature sounds</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Calm</b> 	<ul style="list-style-type: none"> <li>Use this sleep, meditation and relaxation app to lower stress, decrease anxiety, and experience better sleep</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE*
<b>Headspace Meditation and Sleep</b> 	<ul style="list-style-type: none"> <li>A simple way to let go of stress and help get a better night's rest, learn to relax with guided meditations and mindfulness techniques that bring calm, wellness, and balance to your life</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE* \$17.99 - Premium Version




## Apps for Navigation





App Name	Description	Cost*
<b>Transit</b> 	<ul style="list-style-type: none"> <li>Real-time travel companion</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>GetThere GPS Nav For Blind</b> 	<ul style="list-style-type: none"> <li>Detailed voice-directing navigation app</li> <li><b>Available On: Android</b></li> </ul>	FREE
<b>BlindSquare</b> 	<ul style="list-style-type: none"> <li>Detailed voice-directing navigation app that can save previous locations for ease of use; identifies points of interest nearby and has search options</li> <li><b>Available On: iOS</b></li> </ul>	\$54.99

# Apps for Locating Devices



App Name	Description	Cost*
<b>Find My Friends</b> 	<ul style="list-style-type: none"> <li>Location sharing app that allows the user to keep track friends and family, and vice versa</li> <li><b>Available On: iOS</b></li> </ul>	FREE
<b>FollowMee</b> 	<ul style="list-style-type: none"> <li>Location sharing software to track a device that someone keeps on their person</li> <li><b>Available On: iOS and Android</b></li> </ul>	\$5.99
<b>Life360</b> 	<ul style="list-style-type: none"> <li>Location-sharing app helps to locate family and friends on a private map</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE*






# Apps for Money Skills

App Name	Description	Cost*
<b>Wally Lite</b> 	<ul style="list-style-type: none"> <li>Easily track a daily budget, balance your income and scan receipts</li> <li><b>Available On: ios</b></li> </ul>	FREE
<b>Mint</b> 	<ul style="list-style-type: none"> <li>All-in-one spending tracker and money management; track spending and compare to planned budget</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Peter Pig's Money Counter</b> 	<ul style="list-style-type: none"> <li>Learn and test coin counting skills playing three fun games</li> <li>Earn virtual money to save or spend on accessories and scenes for Peter Pig by correctly answering questions</li> <li>Learn fun facts about money and tips for saving.</li> <li><b>Available On: iOS (CDN \$), and Android (USD \$)</b></li> </ul>	FREE


App Name	Description	Cost*
<b>Flipp</b> 	<ul style="list-style-type: none"> <li>Access weekly flyers to find deals/coupons and to price match in-store; search specific items and create shopping lists</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Reebee</b> 	<ul style="list-style-type: none"> <li>Add items to your shopping list directly from weekly flyers; price match in-store</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Shopping List 2017</b> 	<ul style="list-style-type: none"> <li>Easy to use visual checklist for weekly shopping that allows previously selected items to be saved for addition to future lists</li> <li><b>Available On: iOS</b></li> </ul>	FREE* \$3.99 - Premium Version
<b>OurGroceries</b> 	<ul style="list-style-type: none"> <li>Share and contribute to your family's grocery list; syncs all changes to the list on every member's phone</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE* \$6.99 - Premium Version

## Apps for Music

App Name	Description	Cost*
<b>Piano With Songs</b> 	<ul style="list-style-type: none"> <li>Learn to play the piano - choose from your favourite songs and begin playing them on the piano whether you are a beginner or a pro</li> <li><b>Available On: iOS</b></li> </ul>	FREE*
<b>Guitar With Songs</b> 	<ul style="list-style-type: none"> <li>Learn to play the guitar on your smart device – choose from your favourite songs and learn how to play with all of the amazing features of this app</li> <li><b>Available On: iOS</b></li> </ul>	FREE*

App Name	Description	Cost*
<b>Guitar – Chords, Tabs &amp; Games</b> 	<ul style="list-style-type: none"> <li>Playing the guitar has never been easier – enjoy learning chords and creating music right on your device</li> <li><b>Available On: iOS</b></li> </ul>	FREE* \$49.99 - Premium
<b>Real Drum – Drum Pads</b> 	<ul style="list-style-type: none"> <li>Simulates real drums on your phone/tablet screen with fun customizations available to the sounds and looks of the drums</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE \$2.79 - Premium
<b>Bongos – Dynamic Bongo Drums</b> 	<ul style="list-style-type: none"> <li>Play the bongos and other percussion instruments on your device and you can also play along with other music playing on your device</li> <li><b>Available On: iOS</b></li> </ul>	FREE \$1.39 - Premium
<b>Polyphonic</b> 	<ul style="list-style-type: none"> <li>Create, record and share music in a very fun and easy way by tapping the different sounds on the screen</li> <li><b>Available On: iOS</b></li> </ul>	FREE*
<b>Beatwave</b> 	<ul style="list-style-type: none"> <li>Beatwave allows you to create songs anywhere, anytime on your device simply by tapping</li> <li><b>Available On: iOS</b></li> </ul>	FREE*

## Apps for Video-Calling

App Name	Description	Cost*
<b>Skype</b> 	<ul style="list-style-type: none"> <li>Make both video and audio calls with up to 24 people at once</li> <li>Available on phones, tablets, PCs and Macs</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE*

App Name	Description	Cost*
<b>FaceTime</b> 	<ul style="list-style-type: none"> <li>Make both video and audio calls with up to 32 people at once</li> <li>Reach contacts using their phone number or Apple ID</li> <li><b>Available On: iOS</b></li> </ul>	FREE
<b>WhatsApp</b> 	<ul style="list-style-type: none"> <li>Message friends or make audio or video calls to friends</li> <li>Connects seamlessly to your phone number and all contacts in your device</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Messenger</b> 	<ul style="list-style-type: none"> <li>Log in with your Facebook account and send messages, send pictures, a recorded voice messages or video calls with friends</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Google Hangouts</b> 	<ul style="list-style-type: none"> <li>Message friends or make video or audio calls</li> <li>Group chats available for up to 150 people</li> <li>Group video calls available with up to 10 people</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE
<b>Google Duo</b> 	<ul style="list-style-type: none"> <li>Make audio calls, video calls or leave a short video message</li> <li>Connects seamlessly to your phone number and all contacts in your device</li> <li><b>Available On: iOS and Android</b></li> </ul>	FREE

**\*Please note: Free Versions may include limited features of the application, and may also denote a trial version. Some FREE versions may include advertisements, with the option to upgrade to remove these ads. Some applications may also require subscriptions.**

**Resources to find apps other than the app store on a device:**



<https://bridgingapps.org>



<https://toolbox.thearc.org>



**[www.communitylivingessex.org](http://www.communitylivingessex.org)**

## Transition Planning Tools & Resources

Visit the Planning your Transition website at [www.planyourtransition.com](http://www.planyourtransition.com) or [www.transitionplanningwindsorsex.ca](http://www.transitionplanningwindsorsex.ca) to see the information from this binder and more!

The members of the Windsor-Essex Planning for Success Committee have also compiled a list of helpful websites that are available to you as you plan for your loved one.

### Planning

Name of Resource	Website
<b>Windsor-Essex Brokerage for Personal Supports</b>	<a href="http://www.webps.ca/">www.webps.ca/</a>
<b>Partners for Planning</b>	<a href="http://www.planningnetwork.ca">www.planningnetwork.ca</a>
<b>Inclusion Press</b>	<a href="http://www.inclusion.com/">www.inclusion.com/</a>
<b>Microboards Ontario</b>	<a href="http://www.microboardsontario.com">www.microboardsontario.com</a>
<b>Connect-Ability</b>	<a href="https://connectability.ca/2018/04/25/becoming-an-adult-transition-planning-for-youth-with-a-developmental-disability/">https://connectability.ca/2018/04/25/becoming-an-adult-transition-planning-for-youth-with-a-developmental-disability/</a>  <a href="http://www.connectability.ca/2016/07/05/employment/">www.connectability.ca/2016/07/05/employment/</a>  <a href="http://www.connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/">www.connectability.ca/2018/04/24/transition-planning-milestones-for-youth-with-developmental-disabilities/</a>
<b>Community Resource Unlimited</b>	<a href="http://www.thegoodlife.cru.org.au/the-good-life/">www.thegoodlife.cru.org.au/the-good-life/</a>
<b>Plan Institute</b>	<a href="http://www.futureplanningtool.ca/">www.futureplanningtool.ca/</a>

### Planning Tools

Name of Resource	Website
<b>Can Child F-Words</b>	<a href="http://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability">www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability</a>
<b>Helen Sanderson &amp; Associates</b>	<a href="http://www.helensandersonassociates.co.uk/person-centred=practice/one-page-profiles/">www.helensandersonassociates.co.uk/person-centred=practice/one-page-profiles/</a>  <a href="http://www.helensandersonassociates.co.uk/person-centred-practice/maps/">www.helensandersonassociates.co.uk/person-centred-practice/maps/</a>
<b>Life Course Tools</b>	<a href="http://www.lifecoursetools.com">www.lifecoursetools.com</a>

### Funding

Name of Resource	Website
<b>Special Needs Ontario: Funding for Children &amp; Adults</b>	<a href="http://www.specialneedsontario.ca/funding/funding-for-children/">www.specialneedsontario.ca/funding/funding-for-children/</a>  <a href="http://www.specialneedsontario.ca/funding/funding-for-adults/">www.specialneedsontario.ca/funding/funding-for-adults/</a>



## **Self-Managed Attendant Services in Ontario**

### *Direct Funding Program*

The Direct Funding program is for adults with physical disabilities to become employers of their own attendant. Attendants are those who assist with routine activities of daily living, which can include dressing, grooming, bathing, etc.

As employers, participants are fully responsible for managing their own employees within a budget that is developed on an individual basis.

### **Eligibility**

To be eligible for this program, you must be:

- 16 years or older
- Live in Ontario
- Require attendant services due to a physical disability
- Able to complete the written application on your own and in your own words
- Able to meet with a selection panel to discuss your needs and determine eligibility
- Able to schedule attendants
- Able to hire (and fire, if needed), train and supervise more than one attendant
- Able to meet the legal requirements that come with being an employer
  - You will be told the requirements during the interview process
- Manage your own funding

### **How to Apply?**

To begin the process for the Direct Funding Program, you can start by downloading the application and application guide. After determining your eligibility and sending out your application (via mail to the DF Program) you will get a written confirmation that your application has been received. From there you will be contacted for an interview for the next step of the process.

### **Submitting Application**

Please submit the application to:  
Centre for Independent Living in Toronto Inc.  
365 Bloor Street East, Suite 902  
Toronto, ON M4W 3L4

**Phone**  
(416) 599-2458

**Fax**  
(416) 599-3555

### **Contact Information for Closest Independent Living Centre**

The Independent Living Centre London & Area (ILCLA)  
433 King Street, Suite 101  
London, ON N6B 3P3

**Phone**  
(519) 660-4667

**Fax**  
(519) 660-6818