

Transition Planning Activities for Youth, Families and Trusted Others

To Be Completed Every Year from 14 to 21 Years Old

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 tips on how to access the 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.

Youth Name:	Current Age:	Date:
Transition Lead:		

Recreation Opportunities

Does the child want to be involved in social or recreational activities such as a sport? If no, proceed to next section.	<input type="checkbox"/> Yes <input type="checkbox"/> No
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If yes, the family can explore the options below:

- Recreation Services (Community Specific):
 - Recreation Services, Town of Amherstburg Online Services
 - Recreation Guide Online Registration, Town of Essex
 - Recreation Programs, Town of Kingsville
 - Parks and Recreation, Town of Lakeshore
 - Recreation Programs, Leamington
 - Parks and Recreation Services, Town of Tecumseh
- Local Private Gyms
- Social Entrepreneurial Groups
- St. Clair College Social Clubs
- University of Windsor Social Clubs
- Community Physical Activities:
 - House League Sports Teams
 - Italian Canadian Handi-capable Association (ICHA)
 - Horseback Riding Associations
 - Dance and Theatre Groups
- Learning Disabilities Association
- YMCA
- Art Galleries in Windsor-Essex
- Music Therapy

Please note: this is not an exhaustive list. The City of Windsor 211 Call Service can provide information of where to look for various types of activities.

Volunteering Opportunities

Is the child interested in volunteering? If no, proceed to the next section.	<input type="checkbox"/> Yes <input type="checkbox"/> No
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If yes, the family can explore the options below:

- Student Links Program through Community Living Ontario
 - <https://communitylivingontario.ca/en/student-links/>
 - Student Links provides opportunities for students aged 14 to 21 who have a disability to explore areas of interest within their community, the prepare for life after high school.
- Workforce WindsorEssex
 - <https://www.workforcewindsorsex.com/volunteer/>
 - Whether someone is looking to obtain necessary community hours for school, want to get more involved in community or looking to gain some experience while looking for a job, here is a listing of local volunteer opportunities.

Additional Resources: www.inclusion.com and www.webps.ca

Employment or Related Skill Development Opportunities

Is the child interested in working?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has planning happened to create a co-operative placement?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If no, proceed to the next section.
If yes, explore the options below:

- ODSP Employment Supports Program
 - Young people who are at least 16 years old who may be interested in seeking employment can connect with the Ministry of Children, Community and Social Services Employment Support Program. This program provides basic assistance to employment such as funding, access to job coaching and general employment support.
 - 519-254-1651
- The Hub of Opportunities, Employment Skills Training
 - This resource provides various levels of assistance to develop resumes as well as basic skill development related to employment. Must be 18 years or older.
 - www.uhc.ca or 519-944-4900
- DiscoverAbility
 - The DiscoverAbility 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.
 - www.discoverability.network/job-seeker/
- Community Living Essex County, Career Compass
 - This employment service is used to provide opportunities for meaningful employment.
 - www.communitylivingessex.org/services/career-compass-employment-supports/ or 519-776-6483
- St. Clair College's Community Integration through Cooperative Education (CICE) Program
 - 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.
 - 519-972-2727 ext. 4654, Shannon Comartin
- YMCA of Southwestern Ontario, Y Opportunities Program
 - 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.
 - 519-258-9622
- Ontario Youth Apprenticeship Program (OYAP)
 - The Ontario Youth Apprenticeship Program is a specialized program in high school that allows you to explore apprenticeship and consider careers in the skilled trades, generally starting in Grade 11 or Grade 12 through the cooperative education program.
 - www.oyappajo.com/oyap

Supports and Services

Does the child need help to complete daily living and/or different everyday activities like cooking, dressing and eating?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does the child currently have a paid assistant/supported to help with these activities?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If no to both questions, proceed to the next section.
If yes to one or both questions, continue in this section.

Please note: all youth are considered to be adults on their 18th birthday. Their eligibility for children's supports and services may end. Prior to this days, caregiver(s) will need to take action to ensure a smooth transition to adult funded services.

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 supports and services. It is encouraged to begin the process when your child turns 16.5 years old.

- What is involved in this process?
 - This process requires the youth/family to provide a copy of their child's psychological assessment, consent to release information, copy of the front and back of a valid health card and a completed intake form.
 - For help completing the application process, visit: www.dsontario.ca/how-to-access-services
- When the youth turns 16, families can contact Developmental Services Ontario ask ask them to review the child's psychological assessment to see if it meets their eligibility for adult funding.

Please note: if deemed eligible for services by Developmental Services Ontario, the youth can utilize the letter of eligibility to aid in their Ontario Disability Support Program. This may save the family many steps in the disability verification portion of the ODSP application.

Many young people have had psychological testing through their school. Families should check with the appropriate staff within the school board to obtain a copy or request an assessment, if needed.

If the young person does not have a psychological assessment or, has one but their diagnosis is not clearly stated, the family must obtain one before they can apply for adult services.

- Some insurance companies cover psychological services. Parents with benefits should inquire with their carrier to see if they have coverage.
- Other options:
 - Private Psychologist/Psychiatrist
 - University of Windsor, Psychological Services and Research Centre
 - Regional Support Associates
- A referral must be made through Developmental Services Ontario

Once the youth has been deemed eligible, here is what you can expect:

- A DSO Assessor will contact the family to set up an appointment. This appointment begins the assessment process. Typically, this takes 2, 2-hour appointments and is completed virtually.
- Families can expect to discuss the youth's strengths/needs in depth and identify what services the youth will require as an adult. If able, the youth should attend and participate.
- During this meeting, the assessor will have a list of all direct support and service agencies in Windsor-Essex and will share their with the family.
- Here is a quick reference, non-exhaustive list of direct service agencies in Windsor-Essex. Families are encouraged to explore the information provided to find the best fit for the young person:
 - Community Living Essex County
 - Community Living Windsor
 - Family Service Windsor Essex, APSW Program
 - St. Francis Advocates
 - Harmony in Action
 - Bartimaeous Rehabilitation Services Inc.

Family Groups

If the family would like to connect with other parents who have gone through the transition to adulthood with their young person, they can connect with:

- Windsor-Essex Family Network, 519-974-1008
- Ensemble, 519-776-6483 ext. 225

These are parent-led organizations where parents support other parents.

Independent Facilitation

Independent Facilitation involves people with disabilities, their families and friends having ongoing conversations with an Independent Facilitator. An Independent Facilitator will listen deeply, provide information and assist with lifestyle planning, network development, relationship building and is based on the strengths, capacities and self-determination of the person.

Independent Facilitation provides a safe space for people and families to think about their lives.

Is the child interested in staying connected in their neighbourhood? Yes No

Is the child interested in doing things that keeps them connected or brings about new connections within their neighbourhood? Yes No

If the family answered yes to one or both of the questions above, are over 18 and have been deemed eligible for the DSO, they can contact Developmental Services Ontario (DSO) at 1-855-437-6797 and ask to be placed on the registry for Windsor-Essex Brokerage for Personal Supports.

Financial Assistance

Does the family know about monthly financial assistance for living and some medical expenses? Yes No

If yes, please proceed to the next section.

If no, proceed to the information below.

Ontario Disability Support Program (ODSP)

- <https://www.ontario.ca/page/ontario-disability-support-program> or you can reach the local ODSP office by calling 519-254-1651.
- To apply for this provincial benefit, you can visit the link above, or phone 1-888-999-1142 to reach the provincial intake line.
- This benefit includes dental care, basic vision care, and consideration for any approved prescriptions. This program also provides a monthly amount that is split between a shelter allowance and a basic needs allowance.

Registered Disability Savings Plan (RDSP)

- A Registered Disability Savings Plan is a program that helps Canadians with disabilities and their families save for long-term financial needs.
- For more information visit: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

Please note: if deemed eligible for services by Developmental Services Ontario, the youth can utilize the letter of eligibility to aid in their Ontario Disability Support Program. This may save the family many steps in the disability verification portion of the ODSP application.

Personal Care

Does the youth have any difficulty with mobility, or need assistance eating? Yes No

If no, proceed to the next section.

If yes, proceed to the information below.

Erie St. Clair, Home and Community Care Support Services

- To see if the young person is eligible for in-home support visit <https://healthcareathome.ca/region/erie-st-clair/> or call directly at 1-888-447-4468.

Assisted Living Southwestern Ontario (ALSO)

- If the young person is able to direct their own care, they can connect with ALSO for personal support services.
- Call 519-969-8188 to complete application process (waitlist ongoing).

Mental Health Supports and Services

Is the child currently under the care of a child Psychiatrist?

Yes

No

If yes, please contact the family doctor, the Canadian Mental Health Association or ask for a referral to the Dual Diagnosis program.

Canadian Mental Health Association (CMHA)

- CMHA Winsor-Essex is a specialized community health service with integrated primary health care.
- <https://windsoressex.cmha.ca/>
- 519-255-7440 or info-referral@cmha.weeb.on.ca

Dual Diagnosis

- The Dual Diagnosis provides services to individuals who have a pre-existing developmental disability, and mental illness. The program psychiatrist assists in consultations and follow-up recommendations for treatment for individuals requiring this service.
- Referrals to this program come from the Association for Community Living, Windsor Regional Hospital and Physicians.
- Contact 519-255-9940 ext. 249 for more information on the referral process.

Developmental Services Ontario

- If you have been deemed eligible for DSO, you can connect with their service navigator to request access to Regional Support Associates (RSA).
- RSA assists in *behaviour management*
- For more information, visit: <https://www.regionalsupport.on.ca/>

Assertive Community Treatment

- Assertive Community Treatment (ACT) is a client-centered, recovery-oriented mental health service delivered by multidisciplinary treatment teams. It is designed to provide comprehensive, community-based psychiatric treatment, rehabilitation and support to persons with services and persistent mental illness.
- In Windsor-Essex, there are 2 ACT teams providing care.
- Referrals to ACT must be made by a psychiatrist.

Transportation

Does the child require accessible public transportation?

Yes

No

If no, proceed to the next section.

If yes, please see information below.

Handi-Transit

- Handi-Transit provides transportation for persons with physical disabilities, the frail or elderly. Service can be used for employment, education, medical, personal or leisure purposes.
- Must call ahead to register to access service. Advance booking available up to 3 weeks.
- <https://www.erieclairhealthline.ca/display/service.aspx?id=40609> or 519-966-0930

Canadian Checker Cab

- Access to accessible vehicles, no additional charge to access.
- No advance booking required.
- 519-254-7777

Transit Windsor

- All Transit Windsor buses are accessible with ramps and low floors. Buses can accommodate up to two wheelchairs at a time.

- Transit Windsor offers a subsidized monthly bus pass for those who are 18+ and an eligible recipient of ODSP.
- 519-944-4111

CareLink Health Transit

- CareLink Health Transit provides accessible transportation services for clients for medical appointments, social activities or shopping trips. In addition to the listed services, non-urgent stretcher transportation is also available for both local and long-distance appointments when scheduled in advance.
- The Community Support Centre of Essex County provides CareLink Health Transit Services
- For more information, call 1-855-728-1433.

For additional accessible transportation options in the county, refer to:

- <https://jmccentre.ca/news/accessible-and-affordable-transportation-for-families> or;
- The Planning for Success Transportation Resource Guide found in Transition Binders distributed by local school boards, organizations and agencies.

Housing

Would the family like information about affordable housing? Yes No

If no, this is the end of the document.

If yes, proceed to information below.

Windsor-Essex Community Housing Corporation

- The Windsor-Essex Community Housing Corporation (WECHC) provides a limited number of income-based housing for persons with disabilities. Waitlist ongoing.
- 519-254-1681

The Windsor-Essex County Central Housing Registry

- The Central Housing Registry (CHR) maintains a centralized wait list for most social housing provides in Windsor and Essex County.
- An application must be filled out to be placed on the registry.
- www.chrwec.com

Windsor-Essex Family Network

- Windsor-Essex Family Network provides informational and inspirational series called My Home My Choice. Resources on My Home My Choice can be found by visiting: <https://windsoressexfamnet.ca/my-home-my-choice-initiative/>
- To connect about up-to-date housing options and gather information, call 519-974-1008

Housing Information Services on Windsor and Essex County

- 519-254-4824
- <http://hiswindsor.ca>

ACCESS Community Services

- A county-wide, multi-service agency whose professionals may be of assistance for youth who live outside of the Windsor area.
- For more information call 519-733-8983 or visit <https://accesscommunity.org/>

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

Post-Secondary Education

St. Clair College's Community Integration through Cooperative Education (CICE) Program

- 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.
- 519-972-2727 ext. 4654, Shannon Comartin

University of Windsor

- The University of Windsor, Student Accessibility Services is there to help students who have documented disabilities with accommodation, support and advocacy. As a department, in collaboration with others SAS strives to create a barrier-free environment that promotes and equitable student experience.
- Offer in-person or online meetings
- 519-253-3000 ext.6173 or sas@uwindsor.ca
- Intake Form required.

For more information on post-secondary education, have the family contact the school guidance counsellor. Meet with the appropriate supports at the college or university a year prior to attending.

Notable Websites

Ontario Disability Employment Network

- www.odenetwork.com

Windsor-Essex Family Network

- www.windsoriessexfamnet.ca

Canadian Mental Health Association

- www.windsoriessex.cmha.ca

Windsor Essex Brokerage for Personal Supports

- www.webps.ca

Woodeden Camp

- www.eastersealscamps.org/program

Inclusion Press

- www.inclusion.com

Autism Ontario

- www.autismservicesinc.com

ConnectABILITY

- <https://connectability.ca/en/>

Fetal Alcohol Spectrum Disorder

- <https://www.hdgh.org/FASD>

For more websites and information, please visit www.planyourtransition.com or review the Planning for Success Resource Guides, found in the Transition Binders provided by local school boards, agencies and organizations.