

Sept 2023



# Adolescent Transition Program Toolkit

*Helping you prepare for what comes next*



# Welcome!

For a long time, Grandview Kids has witnessed the gap in support and resources that occurs when our clients transition from our care (as kids and adolescents) to adult care. Adolescents and their caregivers consistently tell us it feels like “falling off a cliff” when their paediatric support system is no longer accessible. Grandview Kids knew we had to bridge this gap, and help prepare families for the uncertainties that lay ahead.

The Grandview Kids Adolescent Transition Program - sponsored by TD Bank Group - supports clients (and their caregivers) who are transitioning into the adult health care system, starting when the adolescent is 15-years-old (Grade 10).

This toolkit serves as a roadmap. It can be used by youths on their own, or by their caregivers. The Toolkit reviews steps that adolescents **must** take as they transition to adult services. We also included other resources, which some clients and caregivers *might* find helpful throughout the transition process.

## How to use this toolkit:

- The document is divided by age, indicating steps to be taken as the adolescent ages and transitions to adult services.
- Words in blue, underlined font link to websites for more information.
- Items with **orange** titles **must** be completed. These are the most important.
- Items with **purple** titles are **highly suggested** resources. These may not be applicable to everyone.
- Items with **navy blue** titles are all other resources, which may not be applicable to everyone.

If you have questions, please contact [familyengagement@grandviewkids.ca](mailto:familyengagement@grandviewkids.ca).

**Disclaimer:** *The information provided in this Toolkit is for reference only. It is not intended as a recommendation or endorsement of organizations, or a comprehensive resource list. Please consult with your own legal and medical team to determine what best suits your needs. Information may be outdated. It was last updated in September 2023.*



# Acknowledgements

Thanks to members of our interdisciplinary Steering Committee (listed below) for their passion and expertise to help build the Grandview Kids Adolescent Transition Program. By harnessing a combination of personal and professional experiences, this program was co-designed to better meet the needs of the Grandview Kids community and beyond. We are hopeful that these tools inspire, empower and guide others on their journey from paediatric to adult services.

## Caregiver and Youth Advocates

- **Debbie Smith**, Parent Advocate
- **Melodie Muir**, Parent Advocate
- **Lisa Whittick**, Parent Advocate
- **Amanda Power**, Youth Advocate
- **Sam Keane**, Youth Advocate

## Grandview Kids Staff

- **Andrea Belanger**, Family Engagement Program Manager - Project Lead
- **Natasha Mills**, Family Engagement Program Coordinator - Former Project Lead
- **Annette Neufeld**, Peer Navigator, Family Engagement Team - Chair
- **Sujay Rambajue**, Peer Navigator, Family Engagement Team
- **Avori Cheyne**, Executive Lead, Strategic Communications, Partnerships & Engagement - Project Sponsor
- **Taryn Eickmeier**, Executive Lead, Research, Innovation & Knowledge Mobilization - Former Project Sponsor
- **Shaelynn Bush**, Social Worker
- **Corrie Dixon**, Clinical Manager
- **Cathy Kelly**, Clinical Manager
- **Joshua Theodore**, Director, Clinical & Client Services
- **Heather Garey**, Occupational Therapist
- **Karen Ng**, Former Project Manager

Thanks also to the dedicated members of Grandview Kids' Youth Advisory Council (YAC), and Peer Navigator Brad Sexton, for thoughtful contributions during the program's design process.

In a 'full circle' moment, the Steering Committee used Complex Care for Kids' (CCKO) Youth Transition to Adult Care Toolkit as the foundation to build Grandview Kids Adolescent Transition Toolkit. CCKO's Toolkit was developed using Grandview Kids' former Transition Guide to Adult Supports and Services.

# Table of Contents

<b>Ages 12 and under</b> .....	Page 6
<b>Age 12 to 13</b> .....	Page 10
<b>Age 14</b> .....	Page 12
<b>Age 15</b> .....	Page 16
<b>Age 16</b> .....	Page 21
<b>Age 17</b> .....	Page 26
<b>Age 18</b> .....	Page 34





# Four Goals of the Adolescent Transition Program



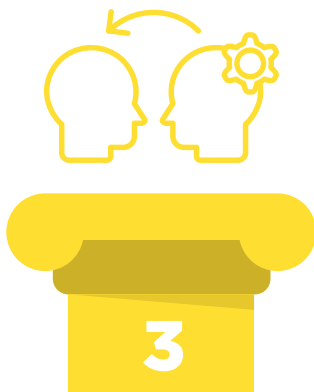
## FINANCIAL SUPPORTS

e.g., DSO or ODSP applications, housing or post-secondary supports



## COMMUNITY CONNECTION

e.g., youth programming, volunteering and job opportunities, service navigation to adult care providers



## PARENT/PEER SUPPORT

e.g., online support page, 1:1 group mentoring, caregiver training, social events and networking



## YOUTH INDEPENDENCE

e.g., activities of daily living skills, job skills and training, college/university supports

# Age 12 and under

## Apply for ACSD program

If you are a parent or guardian who is caring for a child (who is under age of 18) with a severe disability, you may be able to get financial support through the [Assistance for Children with Severe Disabilities](#) (ACSD) program. This program provides financial support for low-income and moderate-income families to cover some of the extra costs of caring for a child who has a severe disability.

Your eligibility and the amount of assistance you receive is based on a combination of factors: you household income, size of family, severity of your child's disability, extraordinary costs related to your child's disability, and more.

### Location of support in Durham Region:

- [Ministry of Children, Community and Social Services](#)
  - Phone: 905-440-1030

**Important:** Many supporting documents are needed before you apply, such as proof of citizenship, SIN for you and partner (if applicable), Notice of Assessment, most recent Canada Child Benefit (all pages), and more.

## Apply for Jordan's Principle and Inuit Child First Initiative

Jordan's Principle responds to the unmet needs of First Nation children, no matter where they live in Canada. Under [Jordan's Principle](#), we can: inform families about the help available for their child and how to access it; coordinate access to products, services and supports; provide funding when it's needed to make sure products, services and supports are accessed without delay.

### Location of support in Durham Region:

- [Jordan's Principle Call Centre](#)





# Age 12 and under

## Apply for accessible parking permit

To utilize a designated accessible parking space, accessible parking permits are issued to a person with eligible health conditions that have been certified by your health practitioner. There are five (5) types of permits, which some requiring renewal every five (5) years. Only the person named on the permit can use an accessible parking space. Misuse of the parking permit can lead to a fine up to \$5,000, and the vehicle can be seized.

You can apply online, by mail or in-person. [Click here to apply for an accessible parking permit.](#)

### Location of support(s) in Durham Region:

- If applying by mail, send photocopies of your identity documents to: ServiceOntario Accessible Parking Permit Services Office (Address: P.O. Box 9800, Kingston ON, K7L 5N8).
- If applying in-person, go to ServiceOntario locations ([find your closest one](#))

**Important to note:** There are two parts of the application: (1) to be completed by the customer; (2) to be completed by the healthcare practitioner.

## Apply for Registered Disability Savings Plan (RDSP)

A [Registered Disability Savings Plan \(RDSP\)](#) is a savings plan intended to help parents and others save for long term financial security of a person who is eligible for [Disability Tax Credit \(DTC\)](#). You can apply with a participating financial institution.

## Set up a bank account

A bank account can be used for saving or payments. Be sure you understand which account is best for you or your child. You can open a bank account online, in-person or on the telephone. You must provide two (2) documents with ID.

# Age 12 and under

## Apply for a birth certificate (if the adolescent does not already have one)

A [birth certificate](#) is a record of a birth that happened in Ontario. It is a government document that can be used as proof of identity. When a child is born in Ontario, their birth must be registered with the Government of Ontario. Once a child's birth is registered, the parent(s) or guardian(s) may request a birth certificate for that child.

## Apply for a Social Insurance Number (SIN)

To work in Canada or access government programs and benefits, you need a nine-digit number known as a [Social Insurance Number](#) (SIN). Your SIN is private and it is illegal for anyone else to use it. Children 12 or older may apply for their own SIN or a representative can apply on your behalf.

### Service Canada locations in the Durham Region:

- **Oshawa (Midtown Mall)**
  - 200 John Street West Oshawa, Ontario
- **Whitby**
  - 1615 Dundas St. E, suite 6 Whitby, Ontario
- **Ajax**
  - 274 Mackenzie Avenue, Suite 200 Ajax, Ontario
- **Scarborough**
  - 200 Town Centre Court, Suite 210 Scarborough, Ontario
- **Uxbridge Outreach Site**
  - 29 Toronto Street, Unit 2 Uxbridge, Ontario **(This site is currently closed)**

## Apply for Status Card (if applicable)

An identity document that confirms you are registered as a status Indian under the Indian Act. Children under 16 or dependent adults, must apply using the child application; age 16 and up must apply using the adult application.

**Location of support:** [Indigenous Services Canada, Toronto Office](#)



# Age 12 and under

## Apply for a passport

To travel in Canada or around the world, [you need a passport](#) as your travel document. Your passport is a legal document and illegal for anyone else to use it. Children under 16-years-old need to apply using the child's passport form, which is valid for five years. Children ages 16 and above need to apply using the adult passport form.

### Service Canada locations in Durham Region:

- **Oshawa (Midtown Mall)**
  - 200 John Street West Oshawa, ON
- **Whitby**
  - 1615 Dundas St. E, suite 6 Whitby, ON
- **Ajax**
  - 274 Mackenzie Avenue, Suite 200 Ajax, ON
- **Scarborough**
  - 200 Town Centre Court, Suite 210 Scarborough, ON
- **Uxbridge Outreach Site**
  - 29 Toronto Street, Unit 2 Uxbridge, ON **(This site is currently closed)**



# Age 12 to 13

## Request psychological assessment (or letter if adolescent is untestable) from psychologist\*

A psychological assessment is often completed at school because it helps determine the best classroom placement (small classroom placement vs. integrated), need for extra supports, and learning strategies.

This is done usually for a child/youth who has been diagnosed with a learning disability or cognitive impairment. The student is referred by the school, and it usually starts with a school team meeting, which may consist of the child, parent(s), teacher and principal.

A psychological assessment may involve classroom observation, interviews with school staff, parent(s) or guardian(s), a review of developmental and academic history, rating scales (e.g., behaviour, social and emotional functioning attention, adaptive functioning), and the administration of standardized psychological and academic tests.

**\*Psychologists at SickKids:** Some departments have an in-house psychologist. If you are connected to SickKids already, you can inquire with your doctor. Inquire at The Hospital for Sick Children at 555 University Avenue Toronto, Ontario Canada M5G 1X8 or by phone: 1-416-813-1500.





# Age 12 to 13

## Identify /connect with adult primary care provider

If your child/youth is currently seeing a paediatrician, it is good to start looking for an adult primary care provider for after the youth turns 18-years-old. Adult primary care providers can be a family physician or a nurse practitioner; they are responsible looking after non-emergent health concerns. Look for a family physician who is accepting new patients and speaks your language.

For help finding a family doctor, visit [www.ontario.ca/page/find-family-doctor-or-nurse-practitioner#doctors](http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner#doctors).

### Locations of support(s) in Durham Region:

- [Health Care Connect online](#)
- [College of Physicians and Surgeon](#)

## For high school: Request copy of Individual Education Plan (IEP) and Identification, Placement and Review Committee (IPRC) meeting

An Individual Education Plan (IEP) is a formal document that outlines a program for a student with specific and/or exceptional needs. The plan is written by a student's teacher(s) and the Program Support Teacher.

A decision that an IEP is needed is made at a school team meeting or at an Identification, Placement and Review Committee Meeting (IPRC).

### Information for school boards in Durham Region:

- [Durham Catholic District School Board](#)
- [Durham District School Board](#)
- [Kawartha Pine Ridge District School Board](#)
- [Peterborough Victoria Northumberland and Clarington Catholic School Board](#)
- [Conseil Scolaire Catholique](#)
- [Conseil Scolaire Viamonde](#)

## Review transition tasks with care team/family

Connect with members of the youth's care team to start talking about the transition to adult services. Share your/the youth's questions, concerns, worries and goals.

The Grandview Kids [Family Engagement Team](#) is able to provide support via 1:1 and group mentoring, as well as educational seminars for both youths and their caregivers, through its Adolescent Transition Program. If the adolescent is still a client of Grandview Kids, their clinical and medical teams can provide further support.

**Important:** The youth should be involved in the planning process. As much as possible, decisions about their care and services should be driven by their needs, preferences, interests and strengths.

## Discuss goals and priorities for future planning, including care goals

A transition planning goal is something that will support the youth in ways that help them live in the community, maintaining and strengthening the young person's connections with parents, siblings and relatives, foster families and any other individuals who are important to the person, as well as connections with their community, culture and religion.

### Organizations that can help with goal setting and future planning:

- [P4P online](#)
- [Canchild](#)
- [Autism Ontario](#)
- [Kerry's Place](#)
- [Grandview Kids](#)



# Age 14

## Review Individual Education Plan (IEP) and set an Identification, Placement and Review Committee (IPRC) meeting

An Individual Education Plan (IEP) is a formal document that outlines a program for a student with specific and/or exceptional needs. The plan is written by a student's teacher(s) and the Program Support Teacher.

A decision that an IEP is needed is made at a school team meeting or at an Identification, Placement and Review Committee (IPRC) Meeting.

### Location(s) of support in the Durham Region:

- [Durham Catholic District School Board](#)
- [Durham District School Board](#)
- [Kawartha Pine Ridge District School Board](#)
- [Peterborough Victoria Northumberland and Clarington Catholic School Board](#)
- [Conseil Scolaire Catholique](#)
- [Conseil Scolaire Viamonde](#)
- [ÉSC Saint-Charles-Garnier](#)
- [Ecole élémentaire Corpus-Christi](#)



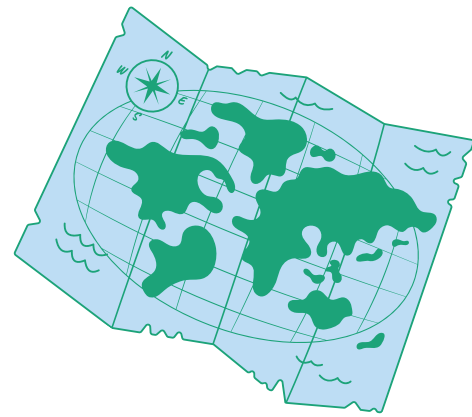


# Harish's story



## Meet Harish!

- 15-years-old
- Diagnosed with Autism, Down Syndrome, congenital heart defect
- Lives with his mom, Yogeeta
- Loves basketball
- Starting transition journey



## Diagnosis

**Feeling:** shocked and fearful 🤔

Harish was born with Down Syndrome and diagnosed with a Congenital Heart Defect at birth.



## Services

**Feeling:** hopeful and optimistic 😊

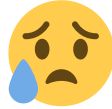
- Harish started his paediatric journey with Grandview Kids shortly after birth.
- He took his first steps with the help of Physiotherapy and Occupational Therapy services from Grandview Kids.
- He received a multi-team assessment with Grandview Kids at age 2.5.
- He started to use an AAC device with assistance at age 3, and started to use it individually at age 5.



# Journey Map

## Following 15-year-old Harish

### Services (cont'd)



**Feeling:** nervous and anxious

- Harish was diagnosed with Autism at 6-years-old.
- Yogeeta applied for an RDSP.
- He stopped receiving Grandview Kids Autism Services at age 14.
- He started to have conversations with his paediatrician about beginning the transition journey.



### Adolescent Transition



**Feeling:** lost, alone and overwhelmed

- Harish started his transition process at age 15.
- Yogeeta opened a bank account for Harish.
- They accessed the Adolescent Transition Toolkit.
- Yogeeta joined the TAPS Facebook group.
- They started a DSO application.
- Yogeeta feels lost, as her son has aged out of all programs and camps that are accommodating of his needs. She is looking for more resources.



# Age 15

## Annual transition planning meeting with care team/family

Transition planning for youths with developmental and physical disabilities can be complex. It is important to have an annual (once a year) transition planning meeting with the youth's care team and family to make sure you are on track.

Connect with members of the care team to talk about the transition to adult services. Share your questions, concerns, worries and goals. The Grandview Kids [Family Engagement Team](#) is able to provide support via 1:1 and group mentoring, as well as educational seminars for both youths and their caregivers, through its Adolescent Transition Program. If the adolescent is still a client of Grandview Kids, their clinical and medical teams can provide further support.

You may need to meet with your paediatrician if the youth has long-term medical/health issues.

**Important:** The youth should be involved in the planning process. As much as possible, decisions about their care and services should be driven by their needs, preferences, interests and strengths.

## Review Individual Education Plan (IEP) and set up an Identification, Placement and Review Committee (IPRC) meeting

An Individual Education Plan (IEP) is a formal document that outlines a program for a student with specific and/or exceptional needs. The plan is written by a student's teacher(s) and the Program Support Teacher.

A decision that an IEP is needed is made at a school team meeting or at an Identification, Placement and Review Committee (IPRC) Meeting.

### Location of support(s) in the Durham Region:

- [Durham Catholic District School Board](#)
- [Durham District School Board](#)
- [Kawartha Pine Ridge District School Board](#)
- [Peterborough Victoria Northumberland and Clarington Catholic School Board](#)
- [Conseil Scolaire Catholique](#)
- [Conseil Scolaire Viamonde](#)



# Age 15

## Begin Developmental Services Ontario (DSO) application (submit at age 16)

[Developmental Services Ontario](#) (DSO) is the access point for adult developmental services, funded by the Ministry of Children, Community and Social Services (MCCSS) in Ontario. There are nine DSO locations in Ontario.

At age 18, children's developmental services end, including Special Services at Home and the Ontario Autism Program. This means that the youth (or parent/guardian) must apply through DSO to see if they are eligible to receive adult MCCSS-funded supports.

A psychological assessment is required to apply for DSO. You can [apply online](#) to DSO online or at your DSO office ([DSO Central East Region](#)).

**Important:** Not all applicants will receive DSO. There are two parts to this application: **(1)** application form; **(2)** an interview (when you receive an acceptance letter, you will be brought in for an extended interview, which can range from three to seven hours with the DSO representative).

## Apply for bank card

Teaching children and youths how to manage money will help them throughout their lives. It is a way to prepare them for the future so that they learn how to make good decisions on spending, understand wants versus needs, and how to save and plan for the future.

**For more information,** please visit [www.canada.ca/en/financial-consumer-agency/services/teaching-children-money/begin-teaching-children.html](http://www.canada.ca/en/financial-consumer-agency/services/teaching-children-money/begin-teaching-children.html).



# Age 15

## Learn about Substitute Decision-Makers (SDM)

A [Substitute Decision Maker](#) (SDM) is a person who makes decisions for someone who is not capable of doing it on their own. An SDM is responsible for decisions that may affect the person's health and finances.

In instances when someone does not wish to take on the role of an SDM, or finds themselves unable to continue as a SDM, a Home and Community Care Support Services Care Coordinator will turn to the next highest-ranking individual who meets the requirements to act as SDM, in accordance with the law.

**For more information**, review "[A Guide to the Substitute Decision Act](#)" from the Ontario government Office of the Public Guardian and Trustee.

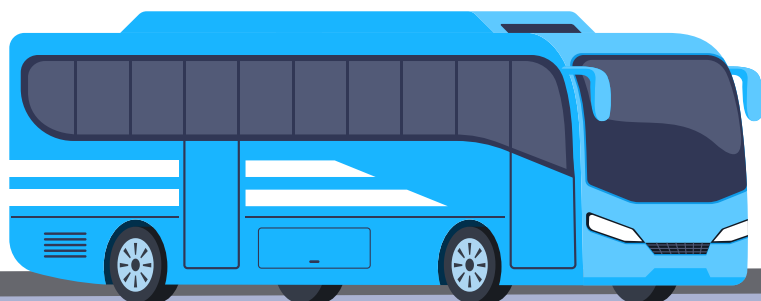
**Location of support(s) in the Durham Region:** [ODSP - Legal Central East](#)

## Learn how to use public transit

[Specialized Services](#) provided by Durham Region Transit (DRT) can be helpful for individuals who use local transportation to attend day programs, recreation, school or volunteer/job opportunities.

To be considered for Specialized Services, the "[Specialized Services Application and Information Package Application](#)" must be fully completed and submitted to the DRT Eligibility Office.

Applicants may be required to attend an in-person interview or assessment at the Specialized Services office, which is located at 110 Westney Road South in Ajax. Integrated service, or the Family of Services approach to delivering public transit, delivers trips using more than one accessible vehicle.



# Age 15

## Join sports teams or participate in recreational activities

Health Canada stresses that physical activity brings about physical, social and personal benefits for persons with a disability. Sport as a form of physical activity is a great contributor to good health. It reduces the risk of obesity and diseases like stroke, Type II diabetes and cancer. Participating in sport and physical activity can also help overcome social isolation and improve independence.

**For more information,** review Sport Canada's [Policy on Sport for Persons with a Disability](#).

### Location of support(s) in the Durham Region:

- [Abilities Centre](#)
  - Phone: 905-665-8500
  - Email: [volunteer@abilitiescentre.org](mailto:volunteer@abilitiescentre.org)
- [Canadian Tire Jumpstart](#)
  - Phone: 1 844- 937-7529
- [City of Oshawa](#)
  - Phone: 905-436-3311
  - Email: [service@oshawa.ca](mailto:service@oshawa.ca)



## Crisis resources (cont'd on the next page)

- **Central Intake for Child & Youth Mental Health - [Kinark](#)**
  - Phone: 1-888-454-6275
  - Durham Region Office: 419 King Street West, Suite 3550, Oshawa, ON L1J 2K5 (Phone: 1-888-454-4998)
- **ConnexOntario:** Provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling
  - Phone: 1-866 -531-2600
  - Web: [www.connexontario.ca](http://www.connexontario.ca)
- **Crisis Text Line:** Global not-for-profit organization providing free mental health texting service through confidential crisis intervention via text message
  - Text: WELLNESS to: 686868 (for youth) or 741741 (for adults)



# Age 15

## Crisis Resources (cont'd)

- **Distress Centre Durham - 24/7 Distress Help Line**
  - Phone: 905-430-2522 or Toll-Free: 1-800-452-0688
- **Durham Mental Health Services:** Crisis line and access to crisis beds
  - Phone: 905-666-0483 or 1-800-742-1890 (over age 16)
  - Web: [dmhs.ca](http://dmhs.ca)
- **Frontenac Youth Services Crisis Line:** Durham Region-based service offering crisis line and mobile crisis response for children, youth and their families
  - Phone: 905-723-2802
- **Good2Talk:** Free, confidential service for post-secondary students in Ontario, available 24/7/365
  - Phone: 1-866-925-5454
  - Text: GOODTOTALKON to 686868
- **Hope for Wellness Helpline:** Available 24/7 to all Canadian Indigenous people
  - Phone: 1-855-242-3310
- **Kids Help Phone (Crisis Line):** If young people need help right now, they can text a trained, volunteer crisis responder at Kids Help Phone about anything they're going through. No issue is too big or too small.
  - Phone: 1-800-668-6868
  - Web: [kidshelpphone.ca](http://kidshelpphone.ca)
- **Pride Line:** Provides emotional support, crisis intervention, and community referral information specific to the concerns and issues of the LGBTQ community in Durham Region.
  - Phone: 1-855-87PRIDE (77433)
  - Web: [distresscentredurham.com](http://distresscentredurham.com)
  - Operates 6 to 10pm daily



# Age 16

## Access counselling services/supports

During transition, it is beneficial to have access to local counselling services and supports.

- **CFSD** (Ajax/Oshawa locations)
  - Web: [www.cfsdurham.com](http://www.cfsdurham.com)
  - Phone: 905-725-3513 (Oshawa), 905-428-1984 (Ajax)
- **Durham Community Health Centre** (includes counselling walk-in clinic)
  - Web: [www.careachc.ca](http://www.careachc.ca)
  - Phone: 1-877-227-3217
- **Family Services - Region of Durham**
  - Web: [www.durham.ca](http://www.durham.ca)
  - Phone: 905-666-6239 1-888-721-0622 extension 5
  - Locations: Whitby/Ajax Bowmanville and satellites
- **Ontario Shores: Structured Psychotherapy Program Cognitive Behaviour Therapy (CBT)** (Located in the Durham Region)
  - For individuals 16+ with symptoms of depression and anxiety. Clients can self-refer.
  - Web: [www.ontarioshores.ca/services/ontario-structured-psychotherapy-program](http://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program)
- **pflag Canada - Durham Region**
  - Web: <https://pflagdurhamregion.com>
  - Location: Durham
- **Psychological & Counselling Services Group** (Ajax/Oshawa locations)
  - Web: [www.psychologicalcounsellingservicesgroup.com](http://www.psychologicalcounsellingservicesgroup.com)
  - Phone: 1-289-278-6078 (Ajax) 1-866-568-9476 (Oshawa)



# Age 16

## Submit DSO application\*

[Developmental Services Ontario](#) (DSO) is the access point for adult developmental services, funded by the Ministry of Children, Community and Social Services (MCCSS) in Ontario. There are nine DSO locations in Ontario.

At age 18, children's developmental services end, including Special Services at Home and services through the Ontario Autism Program. This means that the youth (or parent/guardian) must apply through DSO to see if they are eligible to receive adult MCCSS funded supports.

You will require a psychological assessment to apply for DSO. You can [apply online](#) or call your area DSO ([DSO Central East Region](#)).

**\*This is time sensitive.** Not all applicants will receive DSO. There are multiple parts to this application: **(1)** Application Form; **(2)** When you receive an acceptance letter, you will be brought in for a three-hour interview with the DSO representative; **(3)** At age 18, needs assessment is sent to PassportOne; **(4)** You will hear from Passport, on average three to four months later.

## Continue annual transition planning meeting with care team/family

Transition planning for youths with developmental and physical disabilities can be complex. It is important to have an annual (once a year) transition planning meeting with the youth's care team and family to make sure you are on track.

Connect with members of the care team to talk about the transition to adult services. Share your questions, concerns, worries and goals. The Grandview Kids [Family Engagement Team](#) is able to provide support via 1:1 coaching and mentoring and educational seminars for both youths and their caregivers through its service offerings and Adolescent Transition Program.

You may need to meet with your paediatrician if the youth has long-term medical/health issues.

**Important:** The youth should be involved in the planning process. As much as possible, decisions about their care and services should be driven by their needs, preferences, interests and strengths.



# Age 16

## Discuss referral to adult specialists with paediatric specialists

Ask the youth's paediatric specialist(s) to refer them to adult specialists. Start these referrals at age 16, considering waitlists for some specialists.

## File a personal tax return for the youth (for previous year)

Most people who earn income pay tax on that income. Governments use that money to provide services and infrastructure to the public.

Every year, you must fill out an Income Tax and Benefit Return Form and send it to the Canada Revenue Agency (CRA). You can file income tax in-person or electronically using a certified software package.

**For more information**, please visit: [www.canada.ca/en/services/taxes/income-tax/personal-income-tax.html](http://www.canada.ca/en/services/taxes/income-tax/personal-income-tax.html).

### Free tax clinics in Durham Region:

- [Ontario Tech Free Tax Clinic](#)  
(Services offered in-person or virtual)
  - Phone: 905-721-8668 x3780
- [Government of Canada Resources](#)
- [Durham Region](#) (Local Tax Clinics)
  - Phone: 1-888-721-0622
- [Local Diversity & Immigration Partnership Council](#)

**Important:** Filing personal income tax, even if you have no income, will help you with your Ontario Disability Support Program (ODSP) application.



# Age 16

## Annual appointment with primary care physician

As needed, based on individual or changing needs.

### Location of support(s) in Durham Region:

- [LakeRidge Health's Physician Directory](#)
- [Government of Ontario](#)

## Discuss legal guardianship

Legal [guardianship](#) is appointed by the court or the Office of Public Guardian and Trustee (OPGT). If the guardian is now incapable, you can apply to the Ontario Superior Court of Justice to be appointed a guardian by a judge in a court proceeding.

There are two types of guardians:

1. Guardian of property
2. Guardian of the person

### Location of support(s) in the Durham Region:

- [Guardian of the person](#)
- [Guardian of property](#)
- Public Guardians Office
  - Phone: 1-416-314-2800

**Important:** It is highly recommended that families speak to a lawyer before applying for guardianship.

## Explore providers for dental and vision care

As needed, based on individual needs/caregivers' insurance plan. You may want to look for providers who support people with disabilities or different needs.

# Age 16

## Apply for employment opportunities

Jobs are a great way to learn a variety of skills. Skills include working as a team, punctuality, communication and learning about financial responsibilities. It may also help with increasing self-esteem for youths, who can discover their strengths and identify areas for improvement.

### Location of support(s) in Durham Region:

- [Abilities Centre](#)
- [Community Living](#)
- [Kerry's Place](#)
- [ODSP](#)
- [WindReach Farm](#)
- [Nova's Ark](#)
- [Meta Services](#)
- [YMCA Employment Services](#)

## Apply for volunteer opportunities

Volunteer opportunities are a great way for youth to gain experience and learn a variety of skills. Skills include teamwork, communication and responsibility. Volunteer opportunities are unique to each organization.

### Location of support(s) in the Durham Region:

- [Abilities Centre](#)
  - Phone: 905-665-8500
  - Email: [volunteer@abilitiescentre.org](mailto:volunteer@abilitiescentre.org)
- [Community Care Durham](#)
  - Phone: 1 (905) 668-6223
  - Toll-free: 1 (888) 255-6680
- [Just Serve](#) (provided as a service by The Church of Jesus Christ of Latter-day Saints)



# Age 17

## Periodic check-ins and final transition planning meeting with care team/family

Transition planning for youths with developmental and physical disabilities can be complex. It is important to have an annual (once a year) transition planning meeting with the youth's care team and family to make sure you are on track.

Connect with members of the care team to talk about the transition to adult services. Share your questions, concerns, worries and goals. The Grandview Kids Family Engagement Team is able to provide support via 1:1 and group mentoring, as well as educational seminars for both youths and their caregivers, through its Adolescent Transition Program. If the adolescent is still a client of Grandview Kids, their clinical and medical teams can provide further support.

You may need to meet with your paediatrician if the youth has long-term medical/health issues.

**Important:** The youth should be involved in the planning process. As much as possible, decisions about their care and services should be driven by their needs, preferences, interests and strengths.

## Ensure appointment(s) with paediatric specialists to transfer care

Ask the youth's paediatric specialist(s) to refer them to adult specialists. Start these referrals at age 16, considering waitlists for some specialists.





# Age 17

## Submit Ontario Disability Support Program (ODSP) application at age 17.5

The [Ontario Disability Support Program](#) (ODSP) provides income support for those with disabilities in Ontario. The application is time-sensitive.

### ODSP offers:

- Income support to help you (the client) with monthly living expenses.
- Benefits for you (the client), including prescription drugs and vision care.
- Employment supports to help you find and keep a job, or advance your career.

### There are three steps to applying for [ODSP Employment Supports](#):

1. Complete the Supports Application Package.
2. You may need to verify your disability, and this is dependent on whether you qualified under DSO, are already receiving ODSP Income Support, are registered as legally blind with the Canadian National Institute for the Blind, or have attended a provincial school for students with disabilities. You will need to get the Verification of Disability/Impairment Form. It will be in your application package.
3. Send your completed application package to your [local ODSP office](#), where staff will review your application and tell you next steps.

**Tip:** Ask about the “Mandatory Special Necessities (MSN) Form,” which provides additional support for incontinence supplies, transportation to medical appointments, diabetic supplies and more.

[Click here to learn more about the MSN benefit.](#)



# Age 17

## File a personal tax return for the youth (for previous year)

Most people who earn income pay tax on that income. Governments use that money to provide services and infrastructure to the public.

Every year, you must fill out an Income Tax and Benefit Return Form and send it to the Canada Revenue Agency (CRA). You can file income tax in-person or electronically using a certified software package.

**For more information,** visit the website

[www.canada.ca/en/services/taxes/income-tax/personal-income-tax.html](http://www.canada.ca/en/services/taxes/income-tax/personal-income-tax.html).

### Free tax clinics in Durham Region:

- Ontario Tech Free Tax Clinic (Services offered in-person or virtual)
  - Phone: 905-721-8668 x3780
- Durham Region (Local Tax Clinics)
  - Phone: 1-888-721-0622
- Local Diversity & Immigration Partnership Council
- Government of Canada Resources

**Important to note:** Filing personal income tax, even if you have no income, will help you with your Ontario Disability Support Program (ODSP) application.



# Age 17

## Develop a 'crisis plan' of youth's daily routine

This is a 'must-do' for those with complex (medical, etc.) needs. Minimum information to include:

- Youth's basic 24-hour care routine
- Any care providers that come during the day
- Name of family/friends who can help
- Local crisis resource contact
- Primary care practitioner/doctor contact and pharmacy contact

## Transfer home care services

This is typically required for those with medical needs. Contact Care Coordinator at [Home and Community Care Support Services](#) (HCCSS). If you do not have a Care Coordinator, call 310-2222 (no area code) to request an assessment.

HCCSS provides access to Occupational Therapy, Physiotherapy and Social Work support on a consultative basis in adulthood (the only place to access these supports over age 18). Clients who are on home services can continue with services. The Care Coordinator helps with this transition, but a reassessment may be required at age 18.

## Determine future respite needs

[Respite](#) support is for any caregiver of any person with a disability, whether that be exclusively physical, exclusively developmental, both, or complex medical needs. If you are a caregiver for someone with a health condition, disability or care needs associated with aging, you can take a break with help from respite providers.

The person you care for must - at a minimum - have:

- A valid Ontario health card (i.e. be covered by OHIP).
- A home properly equipped for the services needed (e.g., shower chairs, transfer benches, etc.).
- Depending on the service needed, there are other qualifications.

**Location of support in Durham Region:** [Respite Services](#)



# Age 17

## Apply for Ontario Student Assistance Program (OSAP) - if attending post-secondary school

As needed, based on individual needs. [OSAP](#) is a financial aid program that can help you pay for college or university. OSAP offers funding through:

- **Grants:** money you don't have to pay back
- **Student loans:** money you need to repay once you're done school

When you [apply for OSAP](#), it automatically considers you for both grants and a loan. If you don't want to take a loan, and you're a full-time or part-time student, you can decline it after your application is approved.

**Important to note:** Before you begin your studies, you need to: **(1)** report the amount of social assistance you receive on your OSAP application; and **(2)** let your ODSP caseworker know how much OSAP you receive.

## Apply for Canada Student Grant for Students with Permanent Disabilities

The [Canada Student Grant for Students with Permanent Disabilities](#) is available to students with disabilities for each year of study. You can apply at the same time as you apply for student aid with your province or territory. Please check if you are a student in a qualified program at a designated school ([see list on website](#)).

### You could be eligible for this grant if you apply, and:

- Have a financial need.
- Are a student in a qualified program at a designated school.
- Are a student with a mental or physical disability, that restricts your ability to participate in post-secondary studies or the labour force, and is expected to stay with you for life, and include one of the following with your loan application as proof of your disability:
  - A medical certificate;
  - A psycho-educational assessment; or
  - Documents that prove you have received federal or provincial permanent disability assistance.



# Age 17

## Apply for Canada Student Grant for Services and Equipment for Students with Permanent Disabilities

If you need education-related services or equipment, apply for the [Canada Student Grant for Services and Equipment for Students with Permanent Disabilities](#). You can apply at the same time as you apply for student aid with your province or territory. Please check if you are a student in a qualified program at a designated school ([see list on website](#)).

**Important to note:** You could be eligible for this grant if you apply, and:

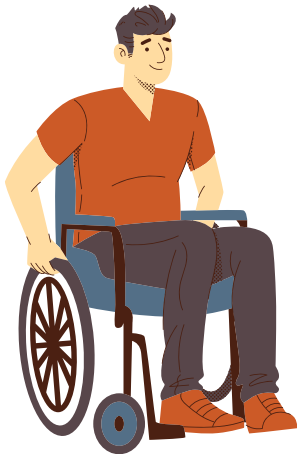
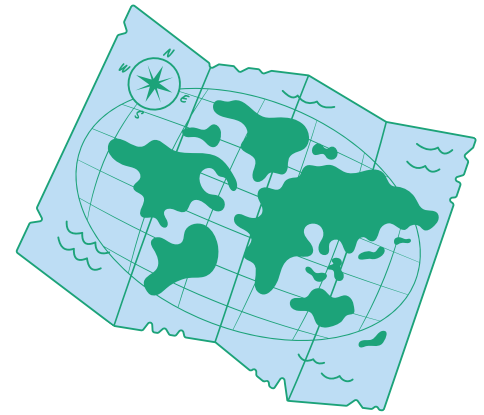
- Have a financial need.
- Are a student in a qualified program at a designated school.
- Are a student with a permanent disability.
- Include as proof of your disability:
  - A psycho-educational assessment; or
  - Documents that show you have received federal or provincial permanent disability assistance;
  - Send written confirmation from a qualified person that you need education-related services or equipment; or
  - Send written confirmation of the cost of equipment and services.

## Request prescription refill for medications and enteral formula for six months (if applicable)

As needed, ask paediatricians for a prescription at least for six months' worth of medications to carryover when the youth transitions to adult care.



# Justin's story



## Meet Justin!

- 20-years-old
- Diagnosed with Autism and Cerebral Palsy
- Loves to travel and watch baseball
- Lives with his parents, April and Brent
- Near the end of transition journey



## Diagnosis

**Feeling:** overwhelmed and hopeful



Justin was diagnosed with Autism and Cerebral Palsy (CP).

## Services

**Feeling:** relieved and confident



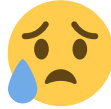
- Justin started his paediatric journey with Grandview Kids at 5-months-old.
- He started to speak after receiving Grandview Kids' Speech-Language Pathology (SLP) services.
- He took first steps at age 5 with help Grandview Kids Physiotherapy (PT) and Occupational Therapy (OT).
- He learned to be mobile with the help of a wheelchair and walker.
- He received PT, OT, SLP, Therapeutic Recreation, Social Work and swimming at Grandview Kids.

# Journey Map

## Following 20-year-old Justin

### Services (cont'd)

**Feeling:** overwhelmed and anxious



- Justin walks steadily and communicates effectively after receiving Grandview Kids services.
- He learned how to keyboard with OT help.
- He attended two annual appointments at Grandview Kids.
- They sought out other resources as there was no programming after age 12.
- April and Brent started conversations with friends and other parents about Justin's transition process. They started to build a community with other parents.



### Adolescent Transition

**Feeling:** positive and inspired



- Justin started his transition process at age 15.
- April opened a bank account for Justin.
- They applied for DSO at age 16.
- They accessed the Adolescent Transition Toolkit.
- April joined TAPS Facebook group, meeting more parents to add to her networking group.
- Justin registered for ODSP at age 17.5.
- Justin graduated from high school.
- April, Brent and Justin look for roles where Justin can give back and add value to his life.



# Age 18

## Disability Tax Credit

The [Disability Tax Credit \(DTC\)](#) is a non-refundable tax credit used to reduce the amount of income tax payable for eligible individuals. To be eligible, a person must have a "severe and prolonged mental or physical impairment." A [qualified practitioner](#) must fill out the paperwork.

A caregiver may be able to claim all or part of a dependent's Disability Tax Credit, providing that both the caregiver and the dependent were residents of Canada during the tax year.

### Important to note:

- Review eligibility criteria to determine if the youth qualifies.
- Review the list of qualified practitioners. Book an appointment with a 'qualified practitioner' to have them fill out the Disability Tax Credit Application.
- Download and print the 'Form T2201' for the qualified practitioner to fill out. Be sure to include any documentation about date of onset. If your youth had the disability in previous tax years, but you had not registered for DTC, you may be able to claim back money paid in taxes from these previous years.
- Send the original signed form to CRA. Sending your form before you file your annual income tax and benefit return may help us assess your return faster.

## Last check-in with the paediatric team and family

Book a final appointment with your paediatric team. Request a final report from your doctors.

**Additional Resources:** [211 Ontario, Individualized Funding Library](#)



# Age 18

## Registered Disability Savings Plan (RDSP)

A [Registered Disability Savings Plan \(RDSP\)](#) is a federal tax-supported savings approach that encourages people to save for the future needs of a person with a disability.

The Government may contribute Canada Disability Savings Grants of up to \$3,500 a year, for up to 20 years, depending on the number of contributions made to the RDSP.

The Government may also pay a Canada Disability Savings Bond of up to \$1,000 a year, for up to 20 years, into the RDSPs of low-income and modest-income Canadians. No contributions are necessary to receive the bond. Earnings accumulate tax-free until money is taken out of the RDSP. People with disabilities must be 49-years-old or younger to receive grants or bonds.

### Important to note:

1. To be eligible for a RDSP, the youth needs to first qualify for the [Disability Tax Credit](#).
2. Most banks provide RDSP programs. Ask your local branch for more information. You may want to ask for a staff member who has had previous experience setting up an RDSP. Consult with other parents and/or adults with disabilities to find a financial advisor or bank employee with knowledge about RDSPs.

\*This can be completed anytime. Setting this up earlier will be helpful, even if youth may not reach retirement age. This allows families to access these funds penalty-free (e.g., for any equipment/home modifications, respite, etc.) for the youth/family if medical professional deems life expectancy to be limited.

## Share paediatric care plan, last consultation note and relevant medical records with adult providers

Request full health file to be shared between paediatric and adult health care and clinical providers.

# Age 18

## Confirm appointments with Primary Care Providers (PCPs) and all adult care specialists

Depending on physician wait times to get an appointment, you may want to call early to schedule a visit.

## Explore vehicle modifications

### Locations of support in Durham Region:

- [March of Dimes Home and Vehicle Modification Program](#)
  - Phone: 519-642-3700 or 1-866-765-7237
  - Fax: 519-432-4923
  - Email: [adp@marchofdimes.ca](mailto:adp@marchofdimes.ca)
- [Saint Elizabeth, Whitby Office](#)
  - Phone: 1-866-624-1729



## Set up login to receive DSO/Passport funding and ODSP after age 18

*Only if approved:* Set up an account. Connect with your local DSO broker/community agency, and keep your ODSP worker updated about any changes in health condition.

If approved for Passport funding, use [eClaim](#) portal.

## Access medical equipment as adult (if needed)

This is based on individual needs. Medical supply vendors provide equipment for mobility, home accessibility and medical needs. This could include wheelchairs, walkers, bathroom equipment, hospital beds, catheterization supplies, etc. Assistive Devices Program (ADP) and OSDP provide financial support for basic and essential equipment.

# Age 18

## Sexual health and safety

Learn about safe and healthy sexual relationships.

**Location of support in Durham Region:** Workshops through [Lake Ridge Community Support Services](#) (LRCSS)

- Phone: 905-666-9688
- Email: [lrcss@lrcss.com](mailto:lrcss@lrcss.com)

## Adult health care services

Connect with adult health care supports in the community.

**Locations of support in the Durham Region:**

- [Home and Community Care and Support Services](#)
  - Phone: 310-2222 (no area code required)
  - 1-800-263-3877 (Central East region)
- [Health Care Connect](#) (to find a family doctor)
  - Phone: 1-800-445-1822
- [211 Ontario](#) (for a listing of local services)
  - Phone: 2-1-1



## Day Programs

Families may find that an Adult Day Program is a good option for their adult with a disability once they complete high school at age 21 (at the oldest). This list is not exhaustive and changes often. Sometimes fees apply; there may be waitlists.

**Important to note:** Passport funding can be used to pay for Day Program fees.

**Locations of support in Durham Region:**

- [Community Living Oshawa/Clarington](#)
- [Brodie Community & Residential Services Inc.](#)
- [Enhanced Day Program](#)
- [My Place](#)
- [Precious Minds](#)
- [Sunrise Youth Group](#)
- [Tania's Place](#)
- [Thrive at Abilities Centre](#)
- [Tristan's Place](#)

# Age 18

## Housing supports

Developmental Services Ontario (DSO) keeps a waiting list for those requiring housing supports. Applying and receiving DSO supports does not mean that the youth has been placed on a housing list. You must specifically request this through the DSO. It is important to keep them updated about your youth's situation as the list is based on need.

**For more information,** check out the [DSO Housing Toolkit Website](#).

## Henson's 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 those from ODSP.

Henson Trusts are often used in the wills of caregivers and family who wish to leave an inheritance. One person can be the beneficiary of multiple Henson Trusts.

For more information, visit [www.planningnetwork.ca/resources/henson-trust](http://www.planningnetwork.ca/resources/henson-trust).

It is important not to name an ODSP recipient in life insurance as a beneficiary. Instead, this should also flow through the Henson trust.



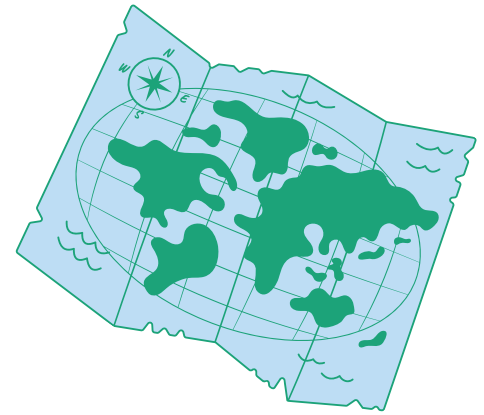


# Katie's story



## Meet Katie!

- 24-years-old
- Diagnosed with Autism
- Loves to play soccer and read books
- Lives with her dad, Devin
- Completed her transition journey



## Diagnosis

**Feeling:** alone and overwhelmed



Katie was diagnosed with Autism at 16-months-old.

## Services

**Feeling:** optimistic and confident



- Katie started her paediatric journey with Grandview Kids at 18-months-old.
- She started to speak with the help of Grandview Kids' Speech-Language Pathology (SLP) services.
- She received Physiotherapy (PT) and Occupational Therapy (OT) services from Grandview Kids.
- She was discharged from Grandview Kids at age 5.
- She did a psycho-educational assessment in Grade 1.
- She reconnected with Grandview Kids at age 16 for Therapeutic Recreation.



# Journey Map

## Following 24-year-old Katie

### Adolescent Transition

**Feeling:** *anxious and motivated*



- Katie started her transition process at age 15.
- She completed psycho-educational assessment in Grades 9 and 11.
- She applied for DSO at age 16.
- She registered for ODSP at age 17.5.
- She graduated from high school.
- They accessed the Adolescent Transition Toolkit, and community/local resources.
- Devin joined TAPS Facebook group, seeking connections to other dads.
- Devin strived to make sure Katie was successful as possible with many opportunities.



### Post-Transition

**Feeling:** *confident and motivated*



- Katie graduated from college.
- She enjoys a job teaching mixed-ability sports at a local community centre.
- She volunteers with Grandview Kids.
- Katie feels confident and enjoys participating in work and recreation in her community.



# Contact Us

If you have questions about the Adolescent Transition Program or need support, please contact [familyengagement@grandviewkids.ca](mailto:familyengagement@grandviewkids.ca).

.....

**Stay updated with us!**

