

TRANSITION PLANNING

A GUIDE FOR FAMILIES/CAREGIVERS OF INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES/ASD

1. Start early.

- » Think about the future now!
- » Focus on your child's strengths, develop a vision.
- » Build your network of family, friends, and support people/service providers.
- » Think about all aspects of your child's future: educational, social and financial.
- » Get appropriate identification to access community programs and personal needs. Apply for your child's SIN number and/or passport.

2. Get to know community resources and programs.

- » [Service Coordination](#) is a great place to start! You can find a list of resources and services using the "[My Search Tool](#)" on the SCS website.
- » Attend information fairs or virtual events.

3. Join a Group. You don't have to do it all alone.

- » Start or join a parent group. You can find a list of groups within [Service Coordination's Community Options Guide](#) or by using the "My Search Tool"

4. Focus on developing independence and socially appropriate behavior.

- » Look for opportunities to increase independence in daily life.
- » Develop socially appropriate behavior as much as possible.
- » Think about independence and social skills that will increase access to the community (i.e. Independent self care, personal grooming, waiting patiently, communicating needs, traveling safely and independently, using a cell phone, spending time alone, making plans, making and sustaining friendships, cooking/microwave/open snacks.)
- » Use your support network (school, community, family) to support your goals.

5. Encourage community participation to develop interests, skills and social connections.

- » These activities and connections may make a big difference in post 21 life.

6. Work closely with teachers, service coordination and service providers to create a person-directed transition plan. (a plan that focuses on the skills needed to achieve future goals).

- » Include the individual. For some people, this means first hand involvement. Planning for others involves interpretation of their desires.
- » The plan should include work, social, academic, community, gifts and talents, abilities, needs.
- » **DREAM THE DREAM!** Think outside of the box and be creative!

7. Transition is a life-long process.

- » These tips are relevant throughout an individual's life.

Take a Deep Breath. Roll up your Sleeves and Dive Right In!



FOCUS ON TRANSITIONS

ANNUAL PLANNING CHECKLIST FOR FAMILIES/CAREGIVERS AND PERSONS WITH DEVELOPMENTAL DISABILITIES/ASD

Building Connections/Community Participation

- Connect with other parents, networks and specific disability associations (A comprehensive list of local resources can be found [here](#)).

Person-Directed Planning

- [Create a plan](#). Review annually.
- Think about current and projected needs, community participation, housing, and other supports that may be needed.

Service Coordination

- Before age 18, register with [Service Coordination](#) to access children's services. Case managers can help you find services and answer questions about the system.

Community Participation Resources

- Look for programs, courses, groups or employment based on your child's strengths and interests
- Register early for all programs, courses or groups
- Explore [Service Coordination's Community Options Guide](#) for programs for persons with disabilities
- [City of Ottawa Recreation Guide](#)
- Make sure you have ID: [Ontario photo ID](#) / [Social Insurance Number](#) / [Passport](#)
- Special [Olympics](#)
- Access 2 [Entertainment Pass](#)
- Travel Training Manual by OC Transpo and OCDSB: [2022TTManual \(1\).docx](#)
- Other parents are a great resource to utilize.

Communicating with School

- The Individual Education Plan (IEP) must include a transition plan ([PPM 156](#))
- Make sure you help develop the Individual Education Plan (IEP) alongside school staff
- Emphasize focus person's post-high school goals
- Emphasize social skills, community connections and skill development for independence
- Enquire about any needed updated assessments

Considering Financial and Legal Tasks

- [Passport funding](#) is part of the DSO-ER application process.
- [City of Ottawa Recreation Funding](#)
- Financial Planning for Post 21 Supports: [Registered Disability Savings Plan \(RDSP\)](#), [Registered Education Savings Plan \(RESP\)](#), [Henson Trust](#)
- Legal Guardianship Issues: Do you have a will? Is your child able to make their own financial and medical decisions? Does your child need a power of attorney or guardian to make their decisions

CHECKLIST BY AGE — A SNAPSHOT

Prior to age 16:

- Psychological Assessment Review:**
 - » Look at most recent assessment (the school may have a copy in the OSR) and ensure it has Cognitive **and** Adaptive scores to prepare for DSO application
- Service Coordination**
 - » Register with [Service Coordination](#) to access children's services. Case managers can help you find services and answer questions about the system.
- Apply for [Special Services at Home](#) funding.**

Age 16:

- Contact Developmental [Services of Ontario](#) (DSO-Eastern Region) and go through the intake process.**
 - » You will need a copy of a psychological assessment
 - » Transfer of services will happen at the age of 18

Age 17.5:

- Apply for [Ontario Disability Support Program \(ODSP\)](#)**
 - » Apply 6 months before 18th Birthday.
 - » If you have ODSP you are eligible for reduced [OC Transpo](#) passes and City of Ottawa programs
- Open a Bank Account by age 18**
 - » Use for direct deposit information for ODSP
 - » Investigate opening an **RDSP** ([Registered Disability Savings Plan](#)); available at most banks

Age 18:

- Change to [adult health service provider](#) (doctor, CHEO, dentist, OT, PT etc.)**
 - » Medical — [Health Care Connect](#) to find a new doctor
- Service Coordination: change from Children's Services to [Adult Services](#)**
 - » DSO assessment is needed to continue to access case management.
 - » Please note this is a change from a system based on entitlement to services (education as a right), to a system of non-entitlement, which means there is no right to services, or funding.
- DSO ([Developmental Services Ontario](#))**
 - » All access to ministry funded programs, [Passport funding](#), and support with navigating the system goes through DSO as of age 18.

Ongoing:

- Optional: [ODSP Employment Support Program Application](#)**
 - » May be applicable for those who require onsite support for work and are aiming for paid employment.

CONTACT INFORMATION

Building Connections /Community Participation

DSO Eastern Region	1-855-376-3737	www.dsontario.ca
Service Coordination	613-748-1788	www.scsottawa.on.ca
Person-Directed Planning	Ministry publication	www.mcass.gov.on.ca
OC Transpo	613-842-3625	www.octranspo.com
OC Transpo Travel Training Guide		2022TTManual (1).docx
Para Transpo Information	613-518-1330	www.octranspo.com
Community Options Guide: List of programs in Ottawa		Community Options Guide for Adults
Family and Support Networks found in Individual and Family Supports		Community Options Guide for Adults

School

Contact your child's school to set up an Individual Education Plan or to talk about transition planning.

Financial and Legal Tasks

Ministry of Community and Social Services ODSP: Income and Employment Supports Inquiries	613-234-1188	www.mcass.gov.on.ca
Centre 454: may help with ODSP applications for those without other assistance	613-235-4351	http://www.centre454.ca
Social Insurance Number	1-800-622-6232	www.servicecanada.gc.ca
Public Guardian and Trustee Office	613-241-1553	www.attorneygeneral.jus.gov.on.ca
Canadian Passport	1-800-567-6868	www.canada.ca/en.html
Ontario Photo Card	1-800-387-3445	Ontario Photo Card