

# Transitions

Your guide to transitioning your child with a developmental disability to adulthood.



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## Land Acknowledgement

“In Brantford and Brant County, we acknowledge that our agencies were built on the traditional territories of the Anishinaabe, the Haudenosaunee, the Neutral, and the Attawandaron peoples. We recognize and deeply appreciate that we are working on stolen lands and that our communities have been, and are, benefitting from continued forms of colonization on Turtle Island. We honour the spirit of the land and the ancestors of those who have been here since time immemorial. We know that acknowledgement is not enough.

The Truth and Reconciliation Committee of Canada reminds us that reconciliation is ongoing. We are committed to reducing the inequities and injustices that these communities are still facing today and are actively working towards decolonizing our services.”

**For more information on the importance of land acknowledgements and the ongoing impacts of colonization please visit:**

National Centre for Truth and Reconciliation <https://nctr.ca/>

Woodland Cultural Centre <https://woodlandculturalcentre.ca/home/>

## **Introduction**

This guide has been developed to help caregivers of a child with a developmental disability in Brantford and Brant County.

This guide provides information on transition planning and guides you through the process of planning for the future. The guide also provides you with information on accessing services in Brantford and Brant County and supports that may be useful to you as you begin to plan for your child's life beyond school. The guide is organized by age groups and discusses many life domains to consider when planning and preparing for your child's future. This guide is considered a supporting document to assist you in planning. There may be other considerations that are unique to your child, youth and family.

## **Transitions**

As a caregiver, you naturally have hopes and dreams for your child. When raising a child with a developmental disability, there are many ways you can support and access services to make these hopes and dreams come true. Transition planning is a process. Having a plan for your child's future and thinking ahead will make this process easier for you and your child. While your plan will change as your child grows, it will create a focus to guide you and your child through the transition into adulthood. Helping your child become connected and engaged in community life are steps you can take to ensure they have a fulfilling life.

## Where to Start

In Brantford and Brant County a great place to start is getting in touch with **Contact Brant**.



Contact Brant is an organization that assists you in accessing community services for children and youth. Contact Brant will help you and your child connect with a variety of services and assist in transition planning. It is important to connect with Contact Brant as early as possible.

**Call Contact Brant at 519-758-8228.**

## Age 0 – 2

### Community Supports

- EarlyON Child and Family Centres are a great place to participate with your child through play and learning activities in a variety of community settings. EarlyON centres are free and are available to families with children ages 0-6. It is a place you can meet other families to learn more about the community, and participate in various social and educational activities.
- Swimming classes, library sessions, and other activities can also be beneficial for you and your child.
- For more information refer to the Resource List at the back of this guide and/or visit Community Information Brant, Haldimand & Norfolk at [www.info-bhn.ca](http://www.info-bhn.ca) for more information.

### Income/Financial Supports

- Apply for the Disability Tax Credit.
- Begin planning for your child's future financial stability.
- If possible, set money aside to assist your child in the future.
- Check out the Special Services At Home program and the Assistance for Children with Severe Disabilities program. You may be able to receive additional financial support through these programs.
- Research other potential supports that can assist you and your child.

### Life Skills

- Prepare for the transitions that your child will experience.
- Ensure you have your child's birth certificate and/or proof of citizenship.
- Apply for a social insurance number (SIN).

## Health

- Speak to your family doctor if you have any concerns for your child's development.
- Make sure your child has a valid health card.

### Age 0 – 2

#### Step 1: Gather Information about your child

- Identify people in your child's life such as family members, friends or social workers, etc. to create a network of support
- Try to anticipate some supports that may be needed now or later
- Consider potential financial planning for your family's future

What are your priorities over the next 12 months?

What are your priorities to work on in the **future**?  
(Approximately 1-5 years)

#### Step 2: Build a support network for your child

- Seek out the support of people who can help you to set your child's goals for the future
- The network should have at least two people with no more than eight
- The network can include friends, family, social workers, community members, etc.



<b>List people in your child's network:</b>	
1.)	
2.)	
3.)	
4.)	
5.)	
<b>Important Tasks</b>	<b>Progress</b>
Obtain a birth certificate and/or proof of citizenship and health card	
<p>Apply for federal and provincial benefits for children with disabilities, as appropriate based on eligibility requirements:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Child Disability Benefit</li> <li><input type="checkbox"/> Special Services at Home</li> <li><input type="checkbox"/> Assistance for Children with Severe Disabilities</li> <li><input type="checkbox"/> Other:</li> </ul>	
Apply for a social insurance number for your child	
Start financial planning if possible	
Start a file for records to keep track of information related to your child progress through transition planning	

Get connected with an EarlyON centre	
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<b>Age 0 – 2</b>	
<b>Language and Communication Skills</b>	
How does your child <b>communicate</b> with people? (verbal, non-verbal gestures, sign language, communication device, quiet, talkative)	
<p><b>Potential Strategies to Improve Language Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Respond to an infant’s gestures, sounds, and looks</li> <li><input type="checkbox"/> Communicate with your child and give them time to respond</li> <li><input type="checkbox"/> Use simple words when speaking to them</li> <li><input type="checkbox"/> Label what you or your child is doing to expand their vocabulary (“I am putting the socks in the laundry”)</li> <li><input type="checkbox"/> Teach your child ways to communicate without words</li> <li><input type="checkbox"/> Have your child play games that get them thinking or talking</li> <li><input type="checkbox"/> Other:</li> </ul>	<p><b>Things I Will do:</b></p>
<p><b>Additional Notes:</b></p>	

<b>Everyday Life Skills</b>	
<p><b>Potential Strategies to Develop a Comforting Environment</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Maintain consistent routines</li> <li><input type="checkbox"/> Provide warm and responsive care</li> <li><input type="checkbox"/> Talk, read, and sing with your child often</li> <li><input type="checkbox"/> Get to know your child</li> <li><input type="checkbox"/> Follow your child's lead</li> </ul>	<p><b>Things I Will do:</b></p>
<p><b>Potential Strategies to Develop Social Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Respond calmly to situations</li> <li><input type="checkbox"/> Label feelings for children</li> <li><input type="checkbox"/> Play games with your child</li> <li><input type="checkbox"/> Provide opportunity to socialize with peers</li> </ul>	<p><b>Things I Will do:</b></p>
<p><b>Potential Strategies to Develop Emotional Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Say what you believe your child is feeling</li> <li><input type="checkbox"/> Teach your child to calm themselves</li> <li><input type="checkbox"/> Praise their accomplishments</li> <li><input type="checkbox"/> Learn to read your child's moods</li> </ul>	<p><b>Things I Will do:</b></p>

## Age 3 - 6

### Community Supports

- Enroll your child to participate in various leisure activities.
- Neighbourhood Associations promote recreation and leisure activities. There are multiple Neighbourhood Associations offering a variety of activities.
- Community activities will help your child learn how to socialize with others – with all abilities. The Lansdowne Children's Centre's Early Integration and Every Kid Counts programs may be able to provide support for your child to participate in camp, daycare, etc.
- The City of Brantford's Leisure Activities Guide and Your Guide Brant have information about local programs and can be found online.
- Consider registering your child for Day Care programs.

### Income/Financial Supports

- Consider saving funds for your child's long-term financial security.
- If your child is eligible for the Disability Tax Credit, you could open a Registered Disability Savings Plan (RDSP).
- The Special Services At Home program may be able to provide financial support for services in or out of the family home.
- Explore if your family/child is eligible for the Assistance for Children with Severe Disabilities benefit.
- Explore if your child is eligible for Easter Seals Incontinence Supply Grant.

### **Life Skills**

- Introduce your child to everyday life skills when possible. This can include simple activities such as dressing, toileting, and using zippers.
- Teaching your child everyday skills will help them learn more about themselves and build self-reliance.

### **Education**

- Register for kindergarten.
- Registration begins in January; contact your local school or register online as early as possible at one of the local school boards:
  - Brant Haldimand Norfolk Catholic District School Board
  - Grand Erie District School Board
  - Conseil Scolaire Catholique MonAvenir
- Request a meeting with school personnel to discuss your child's specific needs, or address any questions or concerns.

### **Health**

- Speak to your family doctor if you have any concerns about your child's development.

## **Age 3 – 6**

### **Who are the support people in your child's life?**

- 1)
- 2)
- 3)
- 4)
- 5)

<p><b>Meet with your network</b></p> <p>Meet to re-evaluate the priorities for your child's future and ensure that you are able to access the appropriate resources</p>	
<p>What are my goals for my child in the next 12 months?</p>	<p>What are my goals for my child in the following year?</p>
<p><b>Creating a Plan</b></p>	
<p>Thinking about where your family wants to be in the future is important when creating a plan for your child. This is an opportunity to highlight the gifts, strengths, and abilities of your child.</p>	
<p>What <b>interests</b> does your child have? (Colouring, building activities, etc.)</p>	<p>What <b>else</b> could your child try?</p>
<p>What <b>social activities</b> is your child involved in? (Pre-school, play groups, daycare, etc.)</p>	<p>What <b>social activities</b> could your child try?</p>
<p>What <b>leisure activities</b> is your child involved in? (Swimming, camp activities, etc.)</p>	<p>What <b>leisure activities</b> could your child try?</p>

<p>What <b>accomplishments</b> has your child achieved? (Toilet training, writing, reading, etc.)</p>	<p>What potential <b>accomplishments</b> can your child work towards?</p>
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### Age 3 – 6

What strategies can you and your child use to assist in reaching those **accomplishments**?

### Everyday Life Skills

It is important to begin helping you child understand their own strengths and challenges. What are some ways you can build on your child's strengths?

**Examples of ways your child can begin to develop skills:**

- Help put toys away
- Put clothes in the hamper
- Clearing their plate after meals
- Assist in setting the table

What types of **tasks** fit your child's abilities?

<p><b>Examples of Personal Hygiene skills:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brush their teeth</li> <li><input type="checkbox"/> Brush their hair</li> <li><input type="checkbox"/> Dress themselves</li> <li><input type="checkbox"/> How to care for their bodies</li> </ul>	<p>What <b>personal hygiene</b> skills can you teach your child?</p>
<p><b>Support Emotional Skills:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Communicate about emotions</li> <li><input type="checkbox"/> Label your own feelings</li> <li><input type="checkbox"/> Help your child to talk about their feelings</li> <li><input type="checkbox"/> Support them through their emotions</li> <li><input type="checkbox"/> Teach ways to manage emotions</li> </ul>	<p>What can you do to help your child understand and express their <b>emotions</b>?</p>
<p><b>Support Social Skills:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Encourage early friendships</li> <li><input type="checkbox"/> Invite other children to play</li> <li><input type="checkbox"/> Build listening skills</li> <li><input type="checkbox"/> Provide opportunities for your child to share and take turns</li> <li><input type="checkbox"/> Help your child ask for help</li> </ul>	<p>What can you do to help develop your child's <b>social</b> skills?</p>



## Age 7 - 10

### Community Supports

- Seek opportunities for your child to be involved in social activities outside of school. This can include community activities such as scouts, swimming lessons, library, etc.
- Give your child opportunities to explore their interests through activities.
- Consider registering your child for summer camp. Register for summer camp as early as possible to ensure your child has a reserved spot. Spots fill up very quickly.
- Seek any supports needed to assist your child's participation in leisure activities.

### Income/Financial Supports

- Refer to the previous two sections, as well as the Resource List, for information on potential government benefits.

### Life Skills

- Explore your child's interests and talk with them about future goals.
- Seek out other families who have gone through similar transitions with their child.
- Teach your child important information such as their address, phone number, etc.
- Encourage your child to speak directly to service providers and doctors.
- Begin age appropriate sexual health discussions with your child. Help them to understand and appropriately name their body parts, body changes, puberty and human reproduction. Sexual development is a normal part of growing up.
- Teach them how to recognize 'safe people' and 'safe places'.

- Consider registering your child on the Vulnerable Person's Registry [vulnerablepersonsregistry.ca](http://vulnerablepersonsregistry.ca). If your youth is ever missing, this will give police access to an emergency contact, physical descriptions, and unique details about your child. This service is available for those living or attending programs in the City of Brantford.
- Encourage your child to develop their social skills.

### **Education**

- For students who require strategies and supports beyond the regular curriculum, the school team can develop an Individual Education Plan (IEP) to support your child's learning and development with parental input.
- An IEP allows your child to receive special education supports and services.
- It may be necessary to participate in the Identification, Placement, and Review Committee (IPRC) process. The purpose of an IPRC is to identify exceptional student's needs and make decisions on how to best meet those needs. An IPRC can determine their classroom placement.
- Special education services and an IEP can be implemented without an IPRC. Students are not required to be deemed exceptional in order to benefit from special education services or the implementation of an IEP. Work in partnership with the school to support your child in achieving their goals.

### **Health**

- Ensure continual care for both your child's physical and mental health.
- Talk to your child's service provider or doctor for mental health support as needed.
- There are various organizations that may be able to assist with your child's mental health. Call **Contact Brant 519-758-8228** for information on available service options.

<b>Who are the support people in your child's life?</b>
1). 2). 3). 4). 5.)

<b>Examples of Important Tasks</b>	<b>Progress</b>
Teach child personal information (address etc.)	
Teach your child what to do in an emergency	
Introduce your child to the public transit system	
<b>Education</b>	
<p>An Individual Education Plan (IEP) allows your child to receive special education support. With the help of your child, use this space to identify goals, likes and dislikes, abilities and strategies that work for your child to inform their IEP. Share this information with your child's teacher.</p>	
<b>Recreation</b>	

<p>What <b>recreational activities</b> is your child involved in?</p>	<p>What other <b>recreational activities</b> could your child participate in?</p>
<p>Participating in recreation helps your child develop and improve social skills (such as develop friendships, improved social interaction, improved sportsmanship, etc.) What can I do to help my child improve their <b>social skills</b>?</p>	

<p><b>Age 7 – 10</b></p>	
<p><b>Everyday Life Skills</b></p>	
<p><b>How to help your child begin building independence and autonomy:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have your child speak for themselves where possible</li> <li><input type="checkbox"/> Give your child opportunities to practice decision making</li> <li><input type="checkbox"/> Help your child to learn from their mistakes</li> <li><input type="checkbox"/> Discuss with your child their interest for the future</li> <li><input type="checkbox"/> Encourage your child to be responsible</li> </ul>	<p>What other ways can help build <b>autonomy</b>?</p>

<p><b>Sexual Health</b></p> <p><input type="checkbox"/> Introduce information about how the body changes as they grow</p>	<p>How will you educate your child about <b>sexuality</b>?</p>
<p><b>Develop Safety Skills</b></p> <p><input type="checkbox"/> Walking safely in the neighbourhood</p> <p><input type="checkbox"/> Safely crossing streets and parking lots</p> <p><input type="checkbox"/> Internet safety</p> <p><input type="checkbox"/> Discuss “good touch/bad touch”</p> <p><input type="checkbox"/> _____</p>	<p>How can you teach your child about <b>safety</b>?</p>
<p><b>Examples of Community Activities</b></p> <p><input type="checkbox"/> Scouts or Guides</p> <p><input type="checkbox"/> Swimming</p> <p><input type="checkbox"/> Arts class</p> <p><input type="checkbox"/> Story hour at the library</p> <p><input type="checkbox"/> Sports</p> <p><input type="checkbox"/> _____</p>	<p>What <b>community activities</b> could your child participate in?</p>

## Age 11 – 14

### Community Supports

- Encourage your youth to join teams and clubs at school.
- Check out the Brantford-Brant chapter of Best Buddies. This program connects individuals with high school, university and college students to help create one on-one friendships.
- Special Olympics Ontario also has various recreational activities for those with special needs including basketball, curling, swimming, etc.

### Income/Financial Supports

- Consider opening a bank account for your youth.
- Have your youth practice budgeting and handling money.

### Life Skills

- Encourage your youth to expand their skills which can include advocating for themselves, building on personal hygiene skills, learning how to greet and socialize with others, preparing meals and completing tasks such as laundry and housekeeping.
- If not already done, obtain a social insurance number for your youth.
- Discuss with your youth their interest in volunteering and identify ways they can volunteer if desired.
- Continue their sexual health education. The Brant County Health Unit and other supports have sexual education resources specific to youth with disabilities.
- Consider registering your youth on the Vulnerable Person's Registry. If your youth is ever missing, this will give police access to an emergency contact, physical descriptions and unique details about your youth. Register at [vulnerablepersonsregistry.ca](http://vulnerablepersonsregistry.ca).

**Education**

- The transition to high school is a big step. Speak to your elementary school personnel to coordinate a transition meeting with the high school to prepare and share information.
- Encourage your child to advocate for themselves where possible about their desires, needs and programming interests.
- Have conversations with your child about their desires and goals for the future.
- Become acquainted with both the elementary and secondary school staff working with your youth. Work with the school principal and teachers to resolve problems.

**Health**

- Speak to your family doctor if you have any concerns about your youth's development.

**Age 11 – 14****Who are the support people in your child's life?**

- 1).
- 2).
- 3).
- 4).
- 5.)

Examples of Important Tasks	Other Tasks
<input type="checkbox"/> Open a bank account	
<input type="checkbox"/> If not already done, apply for a Social Insurance Number	
<input type="checkbox"/> Register your youth on the Vulnerable Person's Registry if appropriate	
<b>Education</b>	
<input type="checkbox"/> Participate in the IEP Process <input type="checkbox"/> Continue to build on school success	<ul style="list-style-type: none"> <li>• How can I support my child's success at school?</li> <li>• Is your youth's IEP (Individual Education Plan) still meeting your child's needs? If not, discuss with your child's teacher</li> </ul>
<b>Recreation</b>	
My youth is involved in:	My youth could try:
How can my youth become more involved in the community outside of school?	My youth could try:



<b>Age 11 – 14</b>	
<b>Everyday Life Skills</b>	
<p><b>Autonomy Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take responsibility for actions</li> <li><input type="checkbox"/> Advocate for themselves</li> <li><input type="checkbox"/> Communication with others</li> <li><input type="checkbox"/> Learning how to complete daily household tasks</li> <li><input type="checkbox"/> Independently follow morning routines</li> <li><input type="checkbox"/> Manage time</li> <li><input type="checkbox"/> Be responsible for attempting/completing homework independently</li> <li><input type="checkbox"/> Help in the preparation and cooking of meals</li> </ul>	<p>How can you assist in fostering your youth's <b>autonomy</b>?</p>
<p><b>Financial Literacy Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Begin teaching your child about money management</li> <li><input type="checkbox"/> Learn how to save or budget money</li> </ul>	<p>How can you teach your youth about <b>money</b> and <b>finances</b>?</p>
<p><b>Social Participation Activities</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Join clubs and teams at school</li> <li><input type="checkbox"/> Participate in activities outside of school such as sports or other community events</li> <li><input type="checkbox"/> Continue to encourage friendships</li> </ul>	<p>How can you encourage your youth to <b>develop social connections</b> in their <b>community</b>?</p>

## Age 15 - 17

### **Community Supports**

- Continue to look for volunteer, recreational and social activities to build community supports outside of the school system. Explore memberships in teams, clubs and community recreation groups.
- Developmental Services Ontario (DSO) helps adults with disabilities plan for the support they need to participate in the community as actively and independently as possible. It is important to ensure your youth is registered with the DSO.
- Connect with Contact Brant 519-758-8228 to begin the application process to DSO for future adult services. Contact Brant can assist in connecting with the DSO prior to your youth's eighteenth birthday.

### **Income/Financial Supports**

- Explore Employment Supports through the Ontario Disability Support Program (ODSP) for youth 16 and older who are interested in part time employment.
- Apply for ODSP income supports if necessary. This should be done 6 months before your youth turns 18.
- Apply for Social Insurance Number (SIN) if you have not done so.
- Consider volunteer opportunities and community connections in preparation for future employment.

## **Life Skills**

- Continue to encourage the development of skills that can assist in independence.

## **Education**

- Review your youth's IEP and transition plan to ensure it continues to meet their needs.
- Work with the school principal and teachers to solve problems.
- Speak to your school about desired graduation pathways.
- Graduation Options:
  - 1. Ontario Secondary School Accomplishment (COA) Non-Credit Alternative Youth attends school but does not receive credits for the courses.
  - 2. Ontario Secondary School Certificate (OSSC) Minimum of 14 Credits. This allows youth to opt-out of certain requirements while still graduating with a certificate.
  - 3. Ontario Secondary School Diploma (OSSD) 30 Credits and 40 volunteer hours are required. Passing grade from the Ontario Secondary School Literacy Test (OSSLT) or completion of an alternative course.

## **Health**

- Consider any health care services that need to change as your youth reaches adulthood.
- Make sure your youth has a family doctor that knows them and their needs, and has updated reports.
- If you need assistance finding an available family doctor, the Brant Community Healthcare System and Health Care Connect have further information to assist you.

- Telehealth Ontario is an option where patients can call to receive some free, reliable medical advice.
- Continue sexual health education and safety awareness. There are community programs that provide healthy relationship programs.

### Other

- Apply for an Ontario Photo ID Card. This card will make it easier to do such thing as open a bank account and perform activities which require official identification. [www.ontario.ca/page/ontario-photo-card](http://www.ontario.ca/page/ontario-photo-card).

<b>Age 15 – 17</b>	
<b>Who are the support people in your child's life?</b>	
1). 2). 3). 4). 5).	
Is your network meeting the current needs of your youth? Is there a need that is not being met? Are there any other community supports or service providers that would be beneficial to have in your network?	
<b>Important Tasks</b>	<b>Progress</b>
Apply for an Ontario Photo ID Card.	

<p>Complete the Developmental Services (DSO) application form.</p>	
<p>Explore the Ontario Skills Passport website for information regarding employment skills.</p>	
<p>If necessary, apply for ODSP (6 months before turning 18). A confirmation of disability should be obtained by age 17 to prepare for the application.</p>	
<p><b>Education</b></p>	
<p>Consider your youth's options for high school education (Ontario Secondary School Accomplishment, Ontario Secondary School Diploma, and Ontario Secondary School Certificate). What pathway is best for your youth? How will it help them reach their goals?</p>	
<p>Would a Co-op or community-based job training and/or life skills training be beneficial for your youth? Could it contribute to your youth's ability to reach their goals?</p>	
<p>What is your youth planning to do after high school (college, university, job skills training, employment, apprenticeship, community programming)? How can your youth be supported in reaching these goals?</p>	
<p><b>Social Development</b></p>	
<p>Is your youth involved in the community? How could they foster relationships and participation within the community?</p>	

<b>Everyday Healthy Living</b>	
<p style="text-align: center;"><b>Healthy Habits</b></p> <ul style="list-style-type: none"> <li>• Value importance of exercising</li> <li>• Understand healthy eating</li> <li>• Importance of getting enough sleep</li> <li>• Discuss responsible use of social media</li> <li>• Discuss internet safety and cyber bullying</li> <li>• Read and understand medicine labels and dosages</li> <li>• Teach your youth to take care of minor injuries and illnesses</li> <li>• Understand when it is necessary to see a doctor</li> <li>• Importance of healthy hygiene</li> <li>• Teach your youth about healthy relationships</li> <li>• Help your youth learn how to develop a resume</li> <li>• Encourage your youth to volunteer</li> <li>• Assist your youth in developing good work habits</li> <li>• Teach your youth to prepare meals independently</li> </ul>	<p style="text-align: center;"><b>Things to Consider</b></p> <ul style="list-style-type: none"> <li>• What can you do to help your youth develop <b>healthy habits</b>?</li> <li>• How will you help your youth develop their <b>employment skills</b>?</li> <li>• How can you teach your youth to engage in positive <b>self-care activities</b>?</li> <li>• How will you teach your youth <b>about sexuality</b> and <b>healthy relationships</b>?</li> <li>• How can you teach your youth about <b>computer skills</b> and <b>internet safety</b>?</li> </ul>

## Age 18 - 21

### Community Supports

- Ensure that your young adult is registered with Developmental Services Ontario (DSO). The DSO will register your young adult with the Passport Program, which can provide funding to use towards supports for inclusive employment, volunteering, or participation in the community.
- According to the needs and circumstances of your young adult, they could continue to live in their current home, live independently, or seek out supported living options.
- Explore support for current or future housing. There are organizations, such as the City of Brantford and the DSO, that can provide support or connect you with housing services. Additional resources can be found within the Resource List.

### Income/Financial Supports

- If your young adult is interested in building job related skills and finding a job, explore employment services.

### Life Skills

- Continue to encourage the development of skills that can assist in independence.
- Encourage and teach your young adult to become their own advocate and share their own ideas.

## **Education**

- If your young adult wishes to attend post-secondary programs, they may be eligible to receive financial support through the Ontario Student Assistance Program (OSAP).

## **Potential Opportunities after Graduation**

1. Volunteer in the community
2. Join the workforce
3. Community Integration Through Co-operative Education (College)
4. Apprenticeship
5. University or College

## **Health**

- Ensure that your young adult is connected with the appropriate adult health services.

## **Other**

- If your youth will be receiving ODSP, consider the creation of a Trust. Consult a lawyer for more information.



**Who are the support people in your young adult’s life?**

- 1).
- 2).
- 3).
- 4).
- 5.)

What is your young adult’s **plan** for the future?

What **supports** are needed to achieve that plan?

**Future Planning**

**Things I Will do to Support My Young Adult**

Register your young adult with Developmental Services Ontario (DSO).

If interested in employment, register with a service that provides employment supports.

<ul style="list-style-type: none"><li>□ Consider future living arrangements such as continuing to live in the family home, independent living, supported living, etc.</li><li>□ Begin applying if considering alternative living arrangements such as supportive housing.</li></ul>	
<ul style="list-style-type: none"><li>□ Stay connected to social activities in your community.</li></ul>	
<ul style="list-style-type: none"><li>• □ Look for community supports that offer programs that can assist in achieving school goals or preparing for employment or apprenticeship</li></ul>	

**Transition Plan Age 18 – 21****Everyday Life Skills**

How will you help your young adult  
**transition** into adulthood?

What can you do to develop your young adult's  
**life skills**?

How can you improve your young adult's  
**financial literacy** skills?

How can you support your young adult is  
engaged in the **community**?

## **Tips for Meeting with Agencies and Professionals**

Making connections in your community and accessing services and supports for your child and family is beneficial and will help meet your child's/youth's goals as they develop.

As you begin to access services you may work with a wide variety of professionals. Here are a few tips that can help you in your work with agency supports:

- Make an appointment to discuss concerns or questions you may have.
- Before the meeting, jot down what you want to accomplish, what questions you have.
- During the meeting take notes. It is easy to forget important information.
- Expect, and request written reports, such as a summary of decisions or progress reports. Keep all reports in a file for future reference.
- Be prepared to give concrete information about your child.
- Express your needs clearly. State what you believe your child needs.
- Ask for clarification as you need it.
- If a problem arises, concentrate on problem-solving, meet with those involved to find a resolution to your concern.

“Alone we can do so little; together we can do so much”

~ Helen Keller

## Resource List

The resources cited in this guide and many others can be found on the website **Community Information Brant, Haldimand and Norfolk** [www.info-bhn.ca](http://www.info-bhn.ca)



You may also be interested in searching the community information website for:

- Health services and supports
- Newcomer and immigrant services
- Foodbanks and meal programs
- Housing centres and utility help
- Mental health services
- Government programs
- Parenting and family programs
- Disability support programs
- Churches and religious groups
- Sport and interest groups
- Libraries and literacy
- School and daycare information

**Contact Brant** can facilitate connections to various community agencies and programs that suit your needs. 519-758-8228 [www.contactbrant.net](http://www.contactbrant.net)

## **Assistance with Care**

### **Home and Community Care Support Services**

#### **Hamilton, Niagara, Haldimand Brant**

Home and Community Care Support Services provides supports such as nursing care, personal support workers, occupational therapists, and more. 519-759-7752 [www.healthcareathome.ca/hnhb](http://www.healthcareathome.ca/hnhb)

### **City of Brantford**

The City of Brantford can help you locate childcare options, subsidies and services available. 519-759-4150 [www.brantford.ca](http://www.brantford.ca)

## **Home Adjustments and Modifications**

### **City of Brantford – Ontario Renovates Program**

This program provides financial supports for those who require home repairs, including the installation of accessible features. 519-759-4150

[www.brantford.ca/en/living-here/funding-for-home-repairs-and-home-ownership.aspx](http://www.brantford.ca/en/living-here/funding-for-home-repairs-and-home-ownership.aspx) - [for-home-repairs-and-home-ownership.aspx](http://www.brantford.ca/en/living-here/funding-for-home-repairs-and-home-ownership.aspx)

### **Six Nations of the Grand River**

Six Nations of the Grand River provides support to registered band members who may need financial assistance with home adjustments. 519-445-2201 [www.sixnations.ca](http://www.sixnations.ca)

\*Please note, services provided through Six Nations are only available to residents or members of Six Nations\*

## **Financial Support**

### **Dreamcatcher Charitable Fund**

Indigenous Families can apply for funding to support health, recreation, and mobility needs. <https://www.dcfund.ca/site/home>

### **Ontario Ministry of Children, Community and Social Services**

The Ontario government offers a variety of financial supports for families with children with disabilities. These programs include the Assistance for Children with Severe Disabilities Program and Ontario Autism Program.

[mccss.gov.on.ca](http://mccss.gov.on.ca)

### **Government of Canada**

The federal government provides financial support to families of children with disabilities. These supports include the Disability Tax Certificate and the Child Disability Benefit. [www.canada.ca](http://www.canada.ca)

### **Jordan's Principle**

The federal government provides support to Indigenous children living on or off reserve through Jordan's Principle. Through this funding, families can have the cost of a variety of health, social or educational services covered. 1-855-572-4453

[www.canada.gc.ca/jordans-principle](http://www.canada.gc.ca/jordans-principle)

### **Benefits Finder**

This tool can assist in finding all available services and tax credits offered through both the federal and provincial governments. [benefitsfinder.gc.ca](http://benefitsfinder.gc.ca)

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

ODSP offers financial assistance to people with disabilities over the age of 18. The application can be completed up to 6 months before turning 18 or at any point after. [www.mcass.gov.on.ca/en/mcass/programs/social/odsp/](http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/)

## **Trust Funds**

It may be beneficial to consider estate planning. If your child will receive funds from the Ontario Disability Support Program (ODSP) after they turn 18, it would be important to consider a Trust as it will ensure that any inheritance does not affect ODSP eligibility

## **Access 2 Card**

The Access 2 Card program helps to ensure that entertainment, cultural and recreational opportunities are more available and accessible to all. [access2card.ca](http://access2card.ca)

## **Social/Community Support**

### **Autism Ontario**

Autism Ontario is the province's leading source of information and referral on autism and one of the largest collective voices representing the autism community. 1-800-472-7789 [www.autismontario.com](http://www.autismontario.com)

### **Asperger's Society of Ontario**

Provides education, resources, and support to individuals with Asperger's, their families, educators, and others. [www.aspergers.ca](http://www.aspergers.ca)

### **CNIB**

CNIB is a source of support and information for anyone affected by vision loss. [www.cnib.ca](http://www.cnib.ca)



**Council of Canadians with Disabilities (CCD)**

CCD is a national human rights organization of people with disabilities working for an accessible inclusive Canada. [www.ccdonline.ca](http://www.ccdonline.ca)

**Down Syndrome Association of Ontario**

Their mission is to ensure equity in all aspects of life for Persons with Down Syndrome. [www.dsao.ca](http://www.dsao.ca)

**EarlyON Child and Family Centres**

EarlyON centres are for families with children aged 0 – 6. They provide an opportunity to meet other parents to share parenting advice and receive support, learn more about services in the community and participate in activities with your child. [brantford.ca/en/living-here/ccel-earlylearningprograms.aspx](http://brantford.ca/en/living-here/ccel-earlylearningprograms.aspx)

**Easter Seals Ontario**

Provides programs and services to children and youth with physical disabilities across Ontario to help them achieve greater independence, accessibility, and integration. Easter Seals is also able to assist with the cost of incontinence supplies, equipment and summer camp programs. 1 800 668-6252  
[www.easterseals.ca](http://www.easterseals.ca)

**Epilepsy Ontario**

Promoting independence and optimal quality of life for persons living with seizure disorders. [www.epilepsyontario.org](http://www.epilepsyontario.org)

**Ontario Federation for Cerebral Palsy**

Charitable organization that works to address the changing needs of people in Ontario with cerebral palsy. [www.ofcp.on.ca](http://www.ofcp.on.ca)

## **Partners for Planning**

Partners for Planning is an online community that provides discussion, information, and guidance for family members of people with disabilities who are assisting in the planning process. 416- 232-9444 [www.p4p.ca](http://www.p4p.ca)

## **Neighbourhood/Community Associations**

Neighbourhood Associations are volunteer committees that work in cooperation with the City of Brantford to improve the quality of life in their community. Each Neighbourhood Association organizes and promotes recreation and leisure to area residents. Find your local association at [brantford.ca/en/things-to-do/neighbourhood-associations.aspx](http://brantford.ca/en/things-to-do/neighbourhood-associations.aspx)

This document would not have been possible without the hard work and collaboration of the following service providers within the greater Brantford, Brant and Six Nations areas.

- Bethesda
- Brant County Health Unit
- Brant Family and Children's Services
- Brant Haldimand and Norfolk Catholic District School Board
- Brantwood Community Services
- City of Brantford
- Community Living Brant
- Contact Brant
- Crossing All Bridges
- Grand Erie District School Board
- Lansdowne Children's Centre
- Six Nations of the Grand River
- Woodview Mental Health and Autism Services
- Willowbridge Community Services
- YMCA