

Timeline: Entry to Secondary School

- **Canada Disability Tax Credit**
 - [Disability tax credit](#) overview
 - PDF application form: [Disability Tax Credit Certificate](#)
- **Service Coordination**
 - [Children's case management](#)
 - [A Guide for Youth and Adults in Transition and their Families](#)
 - Service Coordination [community database](#)
- **Special Services at Home**
 - [Special Services at Home](#) program overview
 - PDF application form: [Application for Special Services at Home](#)
- **Assistance for Children with Severe Disabilities**
 - [Assistance for Children with Severe Disabilities](#) program overview
 - Contact (613) 234-1188 to ask for an application form
- **Respite Services**
 - [Family Registration](#)
- **OC Transpo**
 - Apply for a [Support Person Card](#)

Timeline: Age 16

- **Photo Health Card** by age 16
 - New card with picture and signature required
 - If the student is unable to sign or have his/her a picture taken, a [Health Card Medical Exemption Request form](#) can be completed by a family doctor.
 - [Renewing Your Photo Health Card](#)
- **Register with DSO (Developmental Services Ontario) at age 16**
 - [Developmental Services Ontario - Eastern Region](#) (DSO-ER)
 - [DSO Online Application](#)
- **Social Insurance Number**
 - [Social Insurance Number](#) overview
- Obtain an **Ontario Photo Card** at age 16
 - [Ontario Photo Card](#)
- **Student Links** is a ministry funded mentoring program for student with intellectual disabilities to explore ideas about their future after secondary school.

Timeline: Age 17 ½ - 18

- Open a **Bank Account** by age 18
 - Direct deposit information for ODSP
 - Investigate opening an **RDSP** ([Registered Disability Savings Plan](#))
 - Available at most banks

- **Apply for ODSP (Ontario Disability Support Plan) four months prior to age 18**
 - [Applying for ODSP Income Support](#)
 - [Online Application for Social Assistance](#)
 - Some benefits may include:
 - community bus pass,
 - health benefits, such as prescription drug coverage, vision care & dental
 - disability-related benefits, such as help to pay for hearing aids
 - employment incentives and benefits, such as help to pay for child care costs or items you need for work
 - housing-related benefits

- Initiate change to **Adult Health Care** by age 18
 - Medical - [Health Care Connect](#)
 - Dental

- Disability Tax Credit - transition at 18
 - PDF application form: [Disability Tax Credit Certificate](#)

- Parent and caregivers may wish to begin **Estate Planning** and establishing a [Henson Trust](#) to ensure the student will not be disqualified from ODSP and can still benefit from an inheritance.
 - [Funds held in trust](#) information from the Ministry of Children, Community and Social Services
 - Finding a [Lawyer or Paralegal in Ontario](#)
 - [Legal Aid Ontario](#)
 - [Providing for a Family Member with a Disability](#)
 - [Community Living Estate Planning Guide](#) (a 'must read')

Note

- An excellent resource is the **Special Needs Planning Group**. They do not charge any fees for their services.
 - The website (www.specialneedsplanning.ca) is a wealth of information on ODSP, Henson Trust, Trustee Support, RDSP, Planning Tools & Consideration, Useful Info and Tax Tips.

Timeline: Ages 20 to 21

- Develop a post-secondary plan with the support of [Service Co-ordination](#) case worker. (Worker is assigned after completion of the DSO application process.) Some programming to investigate may include:
 - [Ottawa-Carleton Association for Persons with Developmental Disabilities](#) (OCAPDD) - Day programs: [Life Program](#), [LOEB](#), and [Quinlan](#) (Vanier & Nepean)
 - [Ability First Ottawa](#) - adult skills training, A.R.T. in Action, professional mentors, housing assistance, summer camp (All over Ottawa)
 - [Adaptive Learning Program \(ALP\)](#) - prepares most students for job placements and/or volunteer opportunities. (Albert St.)
 - [Bairn Croft](#) - activities (Orleans)
 - [Christian Horizons](#) - community participation, employment services, supported independent living, community residences <https://www.citizenadvocacy.org/>(Walkley and Conroy Area)
 - [ABLE2](#) - (formerly Citizen's Advocacy) [Matching Program](#) 1:1 matching program, Independent Facilitation and Person-Directed Planning, [Personal-Direction - Planning and Facilitation](#)
 - Destiny's Way - three [Adult Day Programs](#): Awareness and Well-Being, Life Skills, and Digital Arts (Merrickville)
 - [EARN](#) (United Way) - connector between employers and service providers with a goal to help increase employment opportunities to people with disabilities.
 - [The Good Companions](#) - [Adult Day Program](#) on Mondays, Wednesdays and Thursdays (Albert St.)
 - [Main Street Community Services](#) - Adult Day Program (Stittsville)
 - [Innovative Community Support Services](#) - [Adult Support Programs](#): Sow & Grow and Spread the Joy (Orleans)
 - [Live Work Play](#) - independent living supports, employment supports (with ODSP), and supports with pursuing personal interests, activities, and/or learning
 - [Partners in Parenting](#) - Life Skills ([LIFE](#)) and Leisure ([ACE](#)) day programs (St. Laurent Blvd)
 - Sunshine Families - [RAYS Day Program](#) and [BEAM Days Program](#) run Monday to Friday
 - [Tamir](#) - [Day program](#) that emphasizes recreational and leisure activities, life skills development and volunteer options for the individuals who attend. (Carling & Broadview area)

- Total Communication Environment - [Community Integration & Day Supports](#), outreach (Nepean)
- [Ys Owl Maclure](#) Co-operative Centre - [Learning Centre](#) and [Owl Employment Program](#), [Supported Independent Living](#) independent living supports (Nepean)
- [Causeway Work Centre](#) - Employment Supports Program (ESP), Job Quest, Solutions for Youth (up to age 29), as well as [Social Businesses](#) operated by Causeway (Hintonburg)
- [Lunch Ability](#) - “Out and About” program offering monthly outings and a nutritious meal
- Academic Assistance for Adults with Developmental Disabilities ([AAADD](#)) at Algonquin College
- [The Ottawa Mission Food Services Training Program](#) - 5 week program offered twice a year. (Centretown)
- [Gourmet Express](#) - non profit catering service dedicated to training individuals with disabilities so they can actively join the workforce (Orleans)
- Shepherds of Good Hope - [Good Day Workshop](#) (GDW) - teaches how to repair and refinish furniture (Bronson)

Other Useful Resources and Agencies

- **211 Ontario** can provide information about available services and free referrals
 - Phone 211
 - Website: www.211ontario.ca
 - Especially helpful in an emergency
 - Experts can advise you about available programs and services such as respite support, mental health counselling, or emergency housing.
- **Creating a Good Life In Community: A Guide on Person-Directed Planning** is developed by the Ministry of Community and Social Services
 - PDF document: [Creating a Good Life in Community](#)
- **Healthy Bodies**
 - Online resource about puberty for boys and girls with disabilities
 - [Healthy Bodies for Boys](#)
 - [Healthy Bodies for Girls](#)
- **Autism Ontario** - [Ottawa Chapter](#)
- **Ontario Federation for Cerebral Palsy**
 - [Life Enriching Activity Fund](#)

- [The Down Syndrome Association of Ontario](#)
- [Mind and Body: Answers to your questions](#), is an excellent resource for all adults with a developmental disability. It covers “your body, being around other people, healthy relationships, and safety.”
- **Sexuality and Youth with Disabilities**
 - The [TASCC Sexuality and Disability](#) portal is designed to help anyone who cares for or works with a child or youth with disabilities.
- [Community Living Estate Planning Guide](#)
 - A very thorough tax, benefits, trust and wills toolkit for Ontarians with Disabilities (2017)
- [Families Matter Cooperative](#)
 - Support and activities for families
- [Community Options Package](#) - Service Co-ordination’s list of services available in Ottawa
- [Passport Funding: What Can I Use if For?](#) - upon qualifying for DSO services, Passport funding will be available
- [A Guide of Youth and Adults in Transition and their Families](#)
- Service Co-ordination [Community Database](#) - search tools to find services available in Ottawa

Recreation Programs

- [Being studio](#) supports artists with developmental disabilities who are working in visual art and creative writing
- [Propeller Dance](#) is an ntegrated dance company
- [Able Sail](#) for individuals with disabilities
- [Canadian Association for Disabled Skiing](#) (CADS - NCD)
- [Prisms Options Programs](#) for Teens & Adults with Special Needs - fitness and activities
- [Capital City Condors](#) adapted hockey team
- [The Ottawa Valley Ambassadors Hockey Club](#) - organized hockey for individuals with developmental disabilities
- [Special Olympics](#) - wealth of athletics from golf to bowling to swimming to powerlifting. Participants can complete at the local, provincial, national and international levels.
- [Happy Trails Riding Stable](#) - personalized riding program for individuals with special needs