

## 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](#)
- **Respite Services**
  - [Family Registration](#)
- **Assistance for Children with Severe Disabilities**
  - [Assistance for Children with Severe Disabilities](#) program overview
  - Contact (613) 234-1188 to ask for an application form
- **LHIN (Local Health Integration Network)**
  - Care at home and at school: [Home and Community Care](#)
  - 310-2222 (no area code needed)
- **Accessible Parking Permit**
  - PDF application form: [Application for Accessible Parking Permit](#)
- **Para Transpo/OC Transpo**
  - Apply for [Para Transpo](#) and provide school with number
  - [Application for Para Transpo Service](#)
  - 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](#)
- **Social Insurance Number**
  - [Social Insurance Number](#) overview
- Apply for [VHA Health & Home Care](#) support for the attendant services outreach program.

- Register with **DSO-ER** ([Developmental Services Ontario - Eastern Region](#)) at age 16 if the student has a developmental disability or a mild intellectual disability.
  - [DSO Online Application](#)
  - [Passport funding](#)
- 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](#)
  - Apply for [ODSP Employment Support](#)
  - 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, wheelchairs and wheelchair repairs
    - 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](#)
    - Obtain a Medical Summary Report from Primary Care Provider
    - Ensure specialists have started making referrals to adult care
    - Review Advanced Directives documents
    - With support from Primary Care Providers, develop an emergency plan for admissions to hospital after 18 years.
  - Dental
- Disability Tax Credit - transition at 18
  - PDF application form: [Disability Tax Credit Certificate](#)
- Initiate change to adult **ADP** ([Assistive Devices Program](#)) authorizers by 18
  - Book an appointment with ADP authorizers for an assessment.
  - Funding assistance may be available through:

- [Easter Seals Ontario](#)
- [March of Dimes Canada](#)
- [The War Amps](#)

- Parents 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](http://www.specialneedsplanning.ca)) is a wealth of information on ODSP, Henson Trust, Trustee Support, RDSP, Planning Tools & Consideration, **Useful Info** and **Tax Tips**.

### Post Secondary Transition: Algonquin

- Student graduating with an OSSD and college level programming (ex. ENG4C) who wish to pursue Algonquin College:
  - Meet with Sir Guy Carleton guidance counselor to ensure appropriate prerequisites are taken and to apply for college programs.
  - Contact [Algonquin College's Centre for Accessible Learning](#) to ensure appropriate supports are in place
  - If necessary, apply for [Ontario Student Assistance Program](#) (OSAP), making sure to indicate student has a disability as he/she may qualify for the Bursary for Persons with Permanent Disabilities
  - Find out more about scholarships and bursaries for students with disabilities at [Disability Awards](#).

### Timeline: Ages 20 to 21

- Develop a post-secondary plan with the support of **Service Co-ordination** case worker. (Worker is assigned after complete 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)
  - [Bairn Croft](#) - activities (Orleans)

- [Christian Horizons](#) - community participation, employment services, supported independent living, community residences (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](#)
- [EARN](#) (United Way) - connector between employers and service providers with a goal to help increase employment opportunities to people with disabilities.
- [Ottawa Independent Living Resource Centre](#) - workshops and community programs, information & referrals, peer support, skill development and direct funding.
- [Main Street Community Services](#) - Adult Day Program (Stittsville)
- [Neil Squire Society](#) - agency that uses assistive technology and/or adaptive aids to overcome employment barriers for individuals with disabilities
- [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)
- Ottawa Foyers Partage - [Computer Wise](#) is a computer-based employment readiness and skills development opportunities for adults with multiple disabilities (Booth and Somerset)
- The Ottawa Rotary Home - [Adult Day Programs](#) on Tuesday, Wednesday and Thursday (Findlay Creek) and [Adult Respite](#) Programs as well as [Community Support](#)
- Sonshine 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
- [Lunch Ability](#) - "Out and About" program offering monthly outings and a nutritious meal.
- Academic Assistance for Adults with Developmental Disabilities ([AAADD](#)) at Algonquin College.

## Other Useful Resources and Agencies

- **211 Ontario** can provide information about available services and free referrals
  - Phone 211
  - Website: [www.211ontario.ca](http://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.
- **[Community Living Estate Planning Guide](#)**
  - A very thorough tax, benefits, trust and wills toolkit for Ontarians with Disabilities (2017)
- **[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.”
- **Healthy Bodies**
  - Online resource about puberty for boys and girls with disabilities
  - [Healthy Bodies for Boys](#)
  - [Healthy Bodies for Girls](#)
- **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.
- **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](#)
- **Ontario Federation for Cerebral Palsy**
  - [Life Enriching Activity Fund](#)
- **[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 it 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 integrated 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 compete at the local, provincial, national and international levels.
- [Happy Trails Riding Stable](#) - personalized riding program for individuals with special needs