

THINKING ABOUT
TRANSITIONS?

ADULTHOOD

IT'S NEVER TOO EARLY

TO START PLANNING

TRANSITION IS AN ONGOING PROCESS.

**AS ACADEMIC, LIVING AND SOCIAL SKILLS ARE DEVELOPED,
GOALS ARE ACHIEVED AND A PERSON MOVES
FROM ONE STAGE OF LIFE TO ANOTHER.**

**THE STRATEGIES OR ACTIVITIES LISTED WITHIN
SHOULD BE INCLUDED IN YOUR
TRANSITION PLAN.**



Name: _____

Date: _____

In the school system, planning for transition to adulthood is part of Individual Education Plan (IEP) and should actively begin as early as age 12.

| Age 12 through adulthood | In progress & date | Achieved & date | Person Responsible | N/A |
|---|--------------------------|--------------------------|--------------------|--------------------------|
| Apply for the Disability Tax Credit Certificate (Federal Form T2201) with Canada Revenue Agency. You may be eligible for a significant rebate by re-filing previous years' tax returns once your Certificate is on file. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Ensure transition is a regular part of school discussions and is included in the IEP. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Plan ahead, be creative, network with other families by reaching out to support groups or by attending information and education sessions. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Connect with community agencies that can support camp experiences, social groups, respite and skill building activities. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Ensure that a psychological assessment has been done during the school years. Understand the student's learning style and strengths. The assessment will also have information on "Cognitive" and "Adaptive Functioning". [<i>This will be needed by DSO*, see over, age 16-18</i>] | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Develop and update a plan that addresses any sensory sensitivity that may exist. Outline what may trigger the sensitivity. Include any adaptations and most helpful strategies. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Use technology and visual supports to aid independence, communication, socialization, organization and planning. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Develop independence and life skills in home living activities, the use of public transit and in community recreation and leisure activities. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |
| Build supports beyond family and school. Consider how to develop a life outside of the immediate family, highlighting strengths, interests and dreams. | <input type="checkbox"/> | <input type="checkbox"/> | _____ | <input type="checkbox"/> |

| Age 12 through adulthood | In progress & date | Achieved & date | Person Responsible | N/A |
|---|-----------------------------------|-----------------------------------|--------------------|--------------------------|
| Ensure all government identification has been applied for, i.e. Social Insurance Number (SIN) | <input type="checkbox"/> <hr/> | <input type="checkbox"/> <hr/> | <hr/> | <input type="checkbox"/> |
| Open a bank account and practise money management skills. | <input type="checkbox"/> <hr/> | <input type="checkbox"/> <hr/> | <hr/> | <input type="checkbox"/> |
| Open and contribute to a Registered Disability Savings Plan (RDSP). The Government of Canada contributes through matching grants and bonds. | <input type="checkbox"/> <hr/> | <input type="checkbox"/> <hr/> | <hr/> | <input type="checkbox"/> |
| Develop a vision for the future beyond high school with an action plan that includes key members from school and the community. | <input type="checkbox"/> <hr/> | <input type="checkbox"/> <hr/> | <hr/> | <input type="checkbox"/> |

Notes: _____

| Between the ages of 14 - 16 | In progress & date | Achieved & date | Person Responsible | N/A |
|--|-----------------------------------|-----------------------------------|--------------------|--------------------------|
| Talk to the Special Education staff at the school about work experience. Consider how a preferred routine or intense interest could be an asset in a job placement. | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Between the ages of 16 - 18 | In progress & date | Achieved & date | Person Responsible | N/A |
| Apply to Developmental Services Ontario (DSO*) for ministry funded supports and services for adults with a developmental disability. www.dsontario.ca • DSO Central East Region 1-855-277-2121 | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Apply for Passport funding to support community participation and caregiver respite. | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Consider requesting a copy of the Application Package completed by the DSO for additional information on current support needs. | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Learn about services for adults in your community. For example, your doctor or dentist may only serve children. | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Consider applying to ODSP Employment supports for permanent part time work. www.mcass.gov.on.ca/en/mcass/programs/social/odsp/contacts/#central-east | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Apply for an Ontario Photo Card. This government-issued identification is for people who do not have a driver's license. The card makes travel or opening a bank account easier. | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Apply for ODSP income supports <u>six months prior</u> to the 18 th birthday. Date: _____ www.mcass.gov.on.ca/en/mcass/programs/social/odsp/contacts/#central-east | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |

Notes: _____

| Between the ages of 18 - 21 | In progress & date | Achieved & date | Person Responsible | N/A |
|---|-----------------------------------|-----------------------------------|--------------------|--------------------------|
| Choose which of the following pathways will be part of the transition planning <ul style="list-style-type: none"> • Post Secondary education • Employment, Supported employment, Volunteering options • Community Day Program options / Residential supports | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Your planning team should meet more frequently as the end of high school approaches. | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |
| Consider banking the board and lodging portion of ODSP. Use these funds toward the cost of living after high school. | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> |

Notes:

ADDITIONAL RESOURCES

CanChild-Keeping it Together <http://www.canchild.ca/en/canchildresources/kityouthkit.asp>

How to run a meeting <http://www.mindtools.com/CommSkill/RunningMeetings.htm>

Bloorview timetable http://www.hollandbloorview.ca/resourcecentre/growing_up/growing_up_timetable.php

Connections Manual <https://www.yssn.ca/resources-publications/>

For other resources:

<http://www.yorkasdpartnership.org>

QUESTIONS?

If you have any questions about transition to adulthood contact any of the following agencies:

Children's Treatment Network Simcoe York - Ages 6-18 years (not yet diagnosed with ASD)

1-866-377-0286

Kerry's Place Autism Services - Ages 6-18 (diagnosed with ASD)

1-905-713-6808 Ext. 350

Developmental Services Ontario - Central East Region - Ages 18+

1-855-277-2121

