

# **The Road to Adulthood**

## Transition from High School to Community

### Resource Guide Peel Region

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## **Transitions**

The transition process is about looking ahead and preparing for one of the most significant times in a young person's life – becoming an adult!

Transition is about planning and preparing for changes that adult life will bring. Becoming an adult is about participating in community life and being a citizen – a contributing member of society.

The transition to adult life can be a confusing time for families.

- Families will likely have to leave behind some of the supports they have become familiar with
- A whole new set of activities, supports and services that are consistent with the young adult's preferences and interests may need to be developed
- There may be some services that will continue to the age of 18 and even beyond, and some that will not

It is important to remember that everyone is entitled to service through the publicly funded education system – unfortunately, adult services are not based on a system of entitlement. This means that while someone may be eligible for service in the developmental services sector, they may be on a waiting list for some time.

*Therefore, being prepared is the key to a successful transition!*

## **The First Stop**

There are several agencies in Peel Region serving people with a developmental disability that have organized themselves to make access to the adult service system easier.

A family may contact any one of the agencies that participate in the coordinated access and each agency will be able provide information about services and the system.

<b>Agency</b>	<b>Website</b>	<b>Telephone</b>
Brampton Caledon Community Living	<a href="http://www.bcclnet.com">www.bcclnet.com</a>	905-453-8841
Christian Horizons	<a href="http://www.christian-horizons.org">www.christian-horizons.org</a>	519-650-3241
Community Living Mississauga	<a href="http://www.clmiss.ca">www.clmiss.ca</a>	905-542-2694
Kerry's Place Autism Services	<a href="http://www.kerrysplace.org">www.kerrysplace.org</a>	905-457-1130
Mary Centre	<a href="http://www.marycentre.com">www.marycentre.com</a>	905-866-6300
Family Services of Peel	<a href="http://www.fspeel.org">www.fspeel.org</a>	905-453-5775
Peel Behaviour Services		905-712-4124
Peel Case Management	<a href="http://www.peelcasemanagement.ca">www.peelcasemanagement.ca</a>	905-799-7700
TRE-ADD		416-326-0608
Service Resolution Peel		905-795-0591
Peel Crisis Capacity Network	<a href="http://www.peelcrisiscapacitynetwork.ca">www.peelcrisiscapacitynetwork.ca</a>	905-272-4900
Peel Wraparound		905-795-3524

If the first agency you contact is not the most appropriate to respond to your needs, they will assist you to connect with the more appropriate agency.

## **Service Coordination**

The most effective way to access resources and information regarding access to community services and funding is through a "Service Coordinator".

*What is Service Coordination?*

Service Coordination is provided by a community service organization and provides information, makes referrals for individuals and families to other community programs, and assists families to access social service programs. Assistance is provided to families to provide support and advocacy.

The following agencies provide Service Coordination:

### ***Brampton Caledon Community Living***

*Contact:* Nancy Nedd at (905) 453-8841. A Service Coordinator will follow up with you within 48 hours.

Brampton Caledon Community Living supports people with a developmental disability, in partnership with their families and the community, to lead enriched and meaningful lives. For individuals aged 18+, service coordinators provide information, make referrals for individuals and families to community programs, and assist families to access social service assistance.

### ***Region of Peel – Peel Case Management***

*Contact:* Health Line Peel at (905) 799-7700 – tell them you are calling about Peel Case Management.

Peel Case Management is a team of family resource workers that support the families of children (0-18 years old) who have a developmental disability. PCM offers family support and the identification of needs; assistance with access to and collaboration with Developmental, Health and Mental Health Services, preschool, school, respite, leisure activities and specialized funding.

### ***Community Living Mississauga***

*Contact:* Helen McAlpine at (905) 542-2694 ext. 2310

Support is provided to individuals of all ages who live with their families in the community. Service Coordinators assist individuals and their families in obtaining necessary supports, resources and services that are required to meet their needs. Assistance is provided in the areas of funding applications, school placement issues, planning for seasonal programs, school to work/day alternative transitions and the development of a long-term plan.

# **Funding**

## ***Special Services at Home (SSAH)***

*Contact:* Ministry of Community and Social Services at (905) 567-7177

Funded by the Ministry of Community and Social Services (MCSS) to assist families who are currently caring for their child at home with a developmental disability. Families apply annually to MCSS directly for funding.

## ***Mandatory Special Necessities (MSN)***

*Contact:* Call the Ontario Disability Support Program office at (905) 897-3100 and request a Mandatory Special Necessities Benefit Form.

Funding provided to individuals with extraordinary costs relating to their disability for people over 18 years of age. The Mandatory Special Necessities benefit is available to all members of the ODSP benefit unit.

## ***Assistive Devices Program (ADP)***

*Contact:* Call the Assistive Devices Program at 1-800-268-6021

Funded by the Ministry of Health and Long-Term Care, the Assistive Devices Program provides support and funding to Ontario residents who have long-term physical disabilities and provides access to personalized assistive devices appropriate for the individual's basic needs. Devices covered by the program are intended to enable people with physical disabilities to increase their independence through access to assistive devices responsive to their individual needs.

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

The Ontario Disability Support Program (ODSP) is designed to meet the unique needs of people with disabilities who are in financial need, or who want and are able to work and need support. The program has two components: Income Support and Employment Support.

### ***ODSP Income Supports***

Income Support provides financial assistance and other benefits to eligible people with disabilities and their families. This includes accommodation and basic living expenses, as well as prescription drugs and basic dental care.

*How to apply:* The first step is to contact the Ministry of Community and Social Services ODSP office nearest you in order to make an appointment. The office will send you a letter confirming the day and the time of the appointment, and a list of all the things that you will need to bring to the appointment. At this appointment, you'll go over in detail, how much money you make and how many bills you have to pay. The person you talk to at the ODSP office will have to determine if you qualify for the program.

### ***ODSP Employment Supports***

Employment Supports is a component of the Ontario Disability Support Program (ODSP) designed for eligible people with disabilities to help overcome barriers to employment.

This is a voluntary program that helps eligible people with disabilities prepare for, find and keep a job in their community.

*How to apply:* Call your local ODSP office at (905) 897-3100 and ask about Employment Supports

## **Employment**

### ***Kerry's Place Autism Services Employment Supports***

*Contact:* Intake at (905) 457-1130 ext. 250

This is a program for young adults aged 18 years of age and up that provides support from a Kerry's Place Staff to work towards their employment goals whether it is a volunteer opportunity or paid employment. There is no time limit to receive the services however the number of hours of support a week varies depending on the needs of the individual. Support includes resume building, pre-employment skills, job developing, job coaching, and assistance with maintaining the job. The length of the waitlist varies depending on demand at the time.

### ***Employment Resource Centre - Community Living Mississauga***

*Contact:* Call (905) 542-2694 and ask for the Employment Resource Centre

The Employment Resource Centre (ERC) is a resource to people supported by Community living Mississauga (CLM). The ERC assists people who have an intellectual disability reach their employment goal, whether it is paid or volunteer, in their community.

## ***Alliance Personnel (A Division of Brampton Caledon Community Living)***

*Contact:* Sharon Lennie at (905) 453 8909 ext. 269

Provides a variety of services and supports to people with an intellectual disability to access and secure jobs in the community. Alliance Personnel provides the opportunity for on- the-job work experiences, job coaching and developing, transit route support and supports coordination. Individuals who are interested in this program must apply through ODSP Employment Supports.

# Community Participation Supports

## *What are Community Participation Supports?*

Community Participation Supports are provided for individuals who want to take part in meaningful activities in the community. This could include employment, post-secondary education, recreation and/or social activities.

## *Passport*

*Contact:* Shelly Higgerty at (905) 791-7800 ext. 2107

Passport is an initiative designed to enhance community participation supports for individuals who have a developmental disability. It is designed for young people who are preparing to leave or have left high school, and are seeking community participation supports. This initiative provides funding for community partnerships, suited for a range of functional abilities. Through this initiative, participants will be exposed to a variety of experiences that focus on post-secondary school activities and the personal development that each individual needs to achieve his/her goals for living as an adult in the community.

Individuals and families have the option of receiving Passport funding directly and making their own arrangements to purchase supports and services or choosing to access services through community-based agencies. To apply for Passport, individuals and their families are encouraged to submit a plan with their completed application form that outlines the type of community participation supports they require and the goals and objectives they expect to accomplish.

*How to Apply:* To apply for Passport, individuals and their families are encouraged to submit a plan with their completed application

form that outlines the type of community participation supports they require and the goals and objectives they expect to accomplish. Plans should be developed in partnership with educators and/or community-based organizations and, if possible, should build on transition plans that have already been developed by an individual's local school board.

### ***Community Living Mississauga Base Sites***

*Contact:* Service Coordination at (905) 542-2694

Community Living Mississauga offers a number of Community Based locations located throughout Mississauga. The goal of each Base Site is to provide an opportunity to participate in meaningful daytime, recreational, social and leisure activities both within the location as well as in the community. Each participant is encouraged to choose the activities they wish to participate in. Individuals interested in attending a Base Site will need to meet the Eligibility Criteria and must provide their own transportation to and from the location. Participants may request up to three days of service per week based on availability. This program is fee for service.

### ***Connections: Brampton Caledon Community Living***

*Contact:* Andy Willemsen at (905) 460-0319

Connections was formed in an effort to address the needs of recent graduates of the school system. This program, conducted in both Brampton and Caledon, helps young adults with a intellectual disability engage in their community as contributing citizens while promoting their unique interests, skills and inclusion. Participants will be involved in a variety of educational and recreational activities in which they have articulated an interest.

## *Mary Centre*

*Contact:* Terry Elliot at (905) 866-6300 ext. 221

The community support program is designed to assist individuals with developmental disabilities to access the supports they require in order to develop the skills for daily living in preparation for a more independent lifestyle.

Services include:

- Matches the support worker to the individual for life and social skills training
- Connects individuals to their communities for recreational activities
- Provides opportunities to meet new people and develop new friendships
- Teaching activities of daily living; banking, budgeting, meal preparation, home management.
- Learning life and community survival skills

## *Kerry's Place Autism Services*

*Contact:* Intake at (905) 457-1130 ext 250

This is a program for young adults who require assistance developing and achieving goals once completed with high school. It is for young adults aged 18 years of age and up that may want to attend post secondary education, finding and maintaining employment, social skills, independent living skills, building relationships and community involvement. This program is to a maximum of 3 years and the number of hours varies depending on the needs and goals of the individual. The length of the waitlist varies depending on demand at the time.

## ***A.D.A.P.T. (Adults Developing Abilities and Participating Together)***

*Contact:* Paula Johns, Program Supervisor at (905) 874-2319

This adult day program will feature a wide variety of recreational programming. Each day participants will experience programming covering the areas of games, music, literacy, cooking, fitness, crafts, community outings, swimming and more. Please note that all registrations must be done at Loafer's Lake Recreation Centre.

## ***SNAPSO***

*Contact:* Carmen Baker, Supervisor at 905-458-6217

SNAPSO is a registered charity dedicated to providing active and visible opportunities for the developmentally challenged adults of our community.

## ***Opportunities Mississauga for 21+***

*Contact:* (905) 272-2222 or [info@om21.ca](mailto:info@om21.ca)

OM21+ is a grassroots group that focuses on building opportunities in Mississauga for adults who have an intellectual disability. They work with community groups, agencies and businesses to expand services and facilities for intellectually disabled adults and their families.

## **Post Secondary Education Options**

### ***Humber College - Community Integration Through Co-operative Education (CICE)***

*Contact:* Rosanna To at [rosanna.to@humber.ca](mailto:rosanna.to@humber.ca)

This program is in the School of Health Sciences at Humber College. This program is designed to give students with developmental disabilities the opportunity to participate in college-adapted programs and activities.

### ***College Vocational Program***

*Contact:*

Seneca College - Jack Walters at (416) 491-5050 ext. 2877

George Brown College - Jerry Nugent at (416) 415-5000 ext. 2503

The College Vocational Program is specifically for students with learning difficulties, and is designed to assist the student's development in academic skills, as well as skills for both independent living and working. The ultimate goal is preparation for employment. Through classroom learning and work experience, the student has opportunities to gain life and vocational skills.

The subjects are designed to enable the student to progress in language and mathematics, as well as to gain knowledge and skills for living and working. Supervised work training experiences are the core of the student's program.

## ***Additional Resources***

Conestoga College Special Needs Office -  
(519) 748-5220

George Brown College Disability Services -  
(416) 675-6622

Centennial College Centre for Students with Disabilities -  
(416) 289 5300

Seneca College Disability Services -  
(416) 491-5050

Humber College Service for Persons with Disabilities -  
(416) 675-3111

Ryerson Polytech University Access Centre -  
(416) 979-5000

Sheridan College Special Needs Office -  
(905) 845-4058

U of T Special Services for Persons with a Disability -  
(416) 978-8060

York University Office for Persons with Disabilities -  
(416) 736-3140

Ontario College of Art & Design Disability Services -  
(416) 977-6000 x339

# Respite Care

## *Peel Respite Services & [www.respiteservices.com](http://www.respiteservices.com)*

*Contact:* Riva MacNeil at (905) 507 9360 ext. 325

Helping Families requiring respite services for children and adults with developmental disabilities to make the process of recruiting and contracting their own respite workers easier.

- Connecting families with a registry of respite workers
- Connecting respite workers with job opportunities and related training.
- Providing information on Respite Partners and Options in Peel Region
- Upcoming workshops/events on CDRCP (Child Development Resource Connection Peel) website
- Direct Links to Funding Sources, Calendar of Events, Direct link to CDRCP Special Needs Calendar

## *Community Living Mississauga*

*Contact:* Nancy Stafford at (905) 542-2694 ext. 2286

Lois Campbell at (905) 542-2694 ext. 2224

CLM Respite Service is designed to provide financial support to Mississauga families who are caring for a child with an intellectual disability. As such, families have the opportunity to hire a Service Provider to allow them to have time for themselves. Families may use this financial support for two types of respite; in-home respite, in which the Service Provider goes to the home of the family and out-of-home, in which the family receives parent relief outside of their home.

## ***Kerry's Place***

*Contact:* Mary Nathu at (905) 457-1130 ext. 260

The community respite service provides a database of respite workers that families may use in order to hire a worker to provide respite for their child. All workers in the database have been screened by Kerry's place, but it is the family's responsibility to interview potential workers before hiring them.

## ***Brampton Caledon Community Living***

*Contact:* Margarete Guerra at (905) 453-8841 ext. 255

Through Respite, families receive funding to obtain respite and are assisted to plan and access natural supports.

## ***Mary Centre***

*Contact:* Tracey Berman at (416) 630-5533 ext. 222

In-Home (fee for service): Enables developmentally challenged adults to stay in their own homes with the support of a respite care worker for a few hours each week. Mary Centre matches a trained staff member to the needs of the family and the personality and skills of the individual they will support. Together, they create a plan that works for everyone involved.

Out-of-Home (sliding fee): Mary Centre has four respite beds at St. Bernard's Residence in North York. Mary Centre not only provides caregivers with an opportunity to relax and care for themselves, but also provides the one who is cared for with opportunities to work on new goals and to build new relationships.

## ***Summer Respite Options***

City of Brampton - (905) 874-2300 (day camps)

Town of Caledon - (905) 584-2272 (day camps)

Reach for the Rainbow - (416) 503-0088 (day and residential camps)

Shadow Lake Centre - (905) 640-6432 (residential camps)

## Residential Services

If you are interested in residential services for people with developmental disabilities, you may call any of the six agencies that provide this service.

- Brampton Caledon Community Living
- Community Living Mississauga
- Christian Horizons
- Family Services of Peel
- Kerry's Place Autism Services
- Mary Centre

The agency you contact will assist you in completing a consumer request profile and then the profile is added to the waiting list for residential services. When a vacancy becomes available, an inter-agency committee of service providers reviews the waiting list to determine who meets the criteria for the vacancy and is most in need of the residential placement. Being on the wait list is the only way to access developmental residential services.

## **Other Services**

### ***Kerry's Place***

#### ***Community Outreach***

*Contact:* Call Gail Jones at (905) 457-1130 ext. 202

Kerry's Place Community Outreach programs provide support and consultation to individuals with autism and their families. This service may take the form of behaviour management, family resource days, workshops and parent counselling.

#### ***Social Groups***

*Contact:* Call intake at (905) 457-1130 ext. 250

Social groups are offered for various age ranges. The groups are held at various locations in the community as well as at the Resource Centre. The groups provide an opportunity for social interaction and developing friendships. These groups are based on an integrated peer-learning model where individuals with and without autism participate in the groups together.

#### ***Workshops***

*Contact:* Call the Main Line at (905) 457 1130 ext. 0 to register

Workshops are offered to groups of people, schools and agencies. Workshops can be tailored to specific areas of interest within the Autism Spectrum. Topics may include: Introduction to Autism, Speech Language Pathology, Nutrition, Difficult Situations

Workshops are advertised twice a year (January and July) in the Kerry's Place newsletter

## *Family Resource Day*

Contact: Intake at (905) 457-1130 ext. 250

Family Resource Day appointments provide an opportunity for individuals and/or families to discuss issues and concerns specific to their situations with a community service staff. Appointments can be booked on a first-come, first-served basis. General wait time for an appointment is 3-6 months.

## *Community Care Access Centre (CCAC)*

Contact: (905) 796-0040

Community Care Access Centre is a local organization that can help people with developmental disabilities and their families access government funded home care services and long-term care homes. Services may include nursing, personal hygiene support, physiotherapy, occupational therapy, speech-language therapy, social work nutrition counseling and medical supplies and equipment.

CCAC also offers programs geared to specific health needs such as respite care, child and family services and school health support.

## *Transportation*

Region of Peel

Accessible Transportation Coordination Office

Contact: Lisa Jones, Accessible Transportation Specialist  
905-791-7800 ext.4205

Alternate Contact: Melanie Stone, Transportation Resource  
Coordinator  
905-791-7800 ext. 4476

The accessible Transportation Coordination Office (ATCO) acts as a referral to direct the public to appropriate accessible services \* provides support to transit, including TransHelp, to optimize access to and use of their services \* serves as a brokerage to administer community services aimed at providing additional travel supports for all passengers with disabilities, and providing health and social transportation that cannot be offered by local transit or TransHelp \* provides travel training and direct health and social transportation to dialysis, day programs and community living programs \* funds a Passenger Assistant (PA) program (a door-to-door, or hand-to-hand service depending on the nature of each client's disability and self-identified needs).

Fee for Service.

## **Additional Resources**

### ***Peel Crisis Capacity Network***

*Contact:* (905) 273-4900

The Peel Crisis Capacity Network provides Crisis and Transitional Supports. The Peel Crisis Capacity Network provides time-limited crisis supports to individuals (aged 11 and over) with a developmental disability or a dual diagnosis (i.e. developmental disability and mental health needs)

The Network services are provided by a variety of organizations in Peel Region who have partnered together to create the PCCN.

### ***Support & Trustee Advisory Services (STAS)***

*Contacts:* Sue Taggart at (905) 542-2694 in Mississauga or  
Margarette Guerra at (905) 453-8841 in Brampton

Provides:

- Advice to families about Wills and Trust Funds
- Assistance with Planning for the Future
- Resources about Networks of Support
- Information about the specific Trustee Services that are offered by Support & Trustee Advisory Services

### ***Peel Behavioural Services (PBS)***

*Contact:* Peel Behavioural Services at (905) 712-4124

Peel Behaviour Services is a team of Behaviour Therapists primarily working with mediators (parents, teachers, workers, etc.) to develop behavioural strategies. PBS offers a variety of services for young

adults including a Sexuality Program, Foundations Program, and Transitional Aged Youth Assessments.

## ***ErinoakKids – Centre for Treatment and Development***

*Contact:* Jon Greenaway at (905) 828-3301

ErinoakKids – Centre for Treatment and Development builds on the strengths of children and youth so that they may achieve their potential and grow up to lead fulfilling lives. The resource section of the website offers information on a number of topics including but not limited to: applying for ODSP, tax and rebate information, post secondary options, applying for scholarships and bursaries, finding a doctor and different funding options.

[www.erinoakkids.ca](http://www.erinoakkids.ca) → Resources → Publications

## ***Pathways in Education Peel***

*Contact:* [www.pathwaysineducationpeel.com](http://www.pathwaysineducationpeel.com)

This website is sponsored by Region of Peel – Peel Case Management, Community Living Mississauga, Kerry’s Place Autism Services, and Brampton Caledon Community Living. It has been created to provide educational resources to families of students with special needs, educators and developmental service providers in the Region of Peel. The website will provide you with information on community resources, educational rights and responsibilities, upcoming events and “hot off the press” news as it relates to special education.

## Web Sites

Alliance Personnel  
[www.alliancepersonnel.ca](http://www.alliancepersonnel.ca)

Brampton Caledon Community Living  
[www.bcclnet.com](http://www.bcclnet.com)

Child Development and Resource Connection Peel (CDRCP)  
[www.cdrcp.com](http://www.cdrcp.com)

Community Care Access Centre  
[www.ccac-ont.ca](http://www.ccac-ont.ca)

Community Living Mississauga  
[www.clmiss.ca](http://www.clmiss.ca)

Erinoak Kids  
[www.erinoak.org](http://www.erinoak.org)

Family Services of Peel  
[www.fspeel.org](http://www.fspeel.org)

Humber College CICE Program  
[www.healthscienceshumber.ca/cice.php](http://www.healthscienceshumber.ca/cice.php)

Kerry's Place  
[www.kerrysplace.com](http://www.kerrysplace.com)

Mary Centre  
[www.marycentre.com](http://www.marycentre.com)

Ministry of Community and Social Services  
[www.mcscs.gov.on.ca](http://www.mcscs.gov.on.ca)

## **Web Sites (continued)**

Opportunities Mississauga 21+  
[www.om21.ca](http://www.om21.ca)

Pathways in Education  
[www.pathwaysineducationpeel.com](http://www.pathwaysineducationpeel.com)

Peel Case Management  
[www.peelcasemanagement.ca](http://www.peelcasemanagement.ca)

Peel Crisis Capacity Network  
[www.peelcrisiscapacitynetwork.ca](http://www.peelcrisiscapacitynetwork.ca)

Reach for the Rainbow  
[www.reachfortherainbow.ca](http://www.reachfortherainbow.ca)

Respite Services  
[www.respiteservices.com](http://www.respiteservices.com)

Shadow Lake Centre  
[www.shadowlakecentre.ca](http://www.shadowlakecentre.ca)

Support and Trustee Advisory Services  
[www.supportandtrusteeadvisoryservices.ca](http://www.supportandtrusteeadvisoryservices.ca)

Notes: