

# A Guide for Youth and Adults in Transition and their Families



YOUR PATHWAY TO INFORMED CHOICES &  
OPPORTUNITIES IN YOUR COMMUNITY



SERVICE COORDINATION SUPPORT  
FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

SERVICE COORDINATION SOUTIEN  
POUR LES PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE

## **What is integrated transition planning?**

Integrated transition planning is intended to be a collaborative process involving key providers as part of the Individual Education Plan (IEP). It will result in a single transition plan for youth that outlines actions, roles and responsibilities, and goals for work, further education, and community living for youth as they transition from secondary school and children's services to adulthood.

If the youth is not attending school, the lead children's planning agency in your community will assist with developing a transition plan.

## **Who will be involved in integrated transition planning?**

It is a collaborative process that involves the school, the lead children's planning agency, the youth and their family/guardian to create an integrated transition planning team. Other planning team members can be invited to support the process. The youth and their family/guardian can participate as much as they like in the process.

If the youth and their family/guardian do not wish to participate in the process, they will still receive a copy of the transition plan.

## **How will planning start?**

Once the youth is 14 years old and is registered in school:  
With your consent, the school will communicate with the lead children's planning agency and schedule a time to meet as part of the IEP process or at a time that works for participants.

If the youth is not in school:  
The lead children's planning agency will communicate with you about scheduling a time to develop a transition plan.

## **What is included in integrated transition planning?**

The youth and their family/guardian will receive information on:

- yearly activities to help the youth achieve his or her goals;
- the expected changes in services once the youth turns 18;
- goals around work/volunteer opportunities, social or recreational activities, community living, further education, and day programs.

## **What is not included in integrated transition planning?**

Integrated transition planning will not plan for a specific service, link the youth to a specific adult developmental service agency or guarantee eligibility or availability of a specific adult developmental service.



## Get Started Early

For a smooth transition, we recommend that you take the following steps:



### At any point from age 14 to 21:

- Connect with your school and with Service Coordination Support (SCS) to start an Integrated Transition Plan.
- Invite your Case Manager at SCS to participate in the Individual Education Plan.
- Ask SCS about Transition Information Sessions.
- Prior to your 16th birthday, ensure you have the documents you will need to confirm your eligibility for adult services, including proof of age and proof of Ontario residency, such as an Ontario ID card or an Ontario Health Card.
- Consider opening a Registered Disability Savings Plan (RDSP).

### Between the ages of 16 and 18:

- At age 16 contact Developmental Service Ontario (DSO) to register for future adult services (visit [www.dsontario.ca](http://www.dsontario.ca) or call 1-855-376-3737).
- At age 17½ apply for Ontario Disability Support Program (ODSP) Income Support and ask about the Employment Support Program.

# Building Your Plan

In planning for the future, it is important to think about what you are interested in, what you are good at and what you still need to learn or need help with. Your plan should include setting goals in the following areas:

## Health, wellness and safety

- nutrition, physical health, exercise;
- specialized health services;
- future housing;
- personal safety;
- rights and responsibilities.



## Education

- co-op placements, vocational training;
- post-secondary education;
- life skills classes.



## Your identity

- connecting with people in your community;
- cultural, religious and language resources.



## Social inclusion

- connecting with family and friends;
- building social networks and relationships;
- social activities;
- recreation and leisure;
- work and volunteering.



## Life skills

- using items around the home;
- using public transit;
- independent living;
- budgeting, planning, shopping;
- self-care.



## Additional supports

- respite, Special Needs Workers (SNW);
- parent and/or support groups.



# Building your network



SCS a great place to start. Visit our website at [www.scsonline.ca](http://www.scsonline.ca) to learn about our services and access information about community resources.

What you will find on our website:

- [Resources](#) – click Transition Youth to Adult Life or Service Coordination community database;
- [What's New](#) tab;
- Check out the respite options at [www.respiteservices.com/Ottawa](http://www.respiteservices.com/Ottawa);
- Stay connected and follow us on [Facebook](#) and [Twitter](#).

## Additional supports

Parent and or support groups:

- Families Matter Co-op at <http://www.familiesmattercoop.ca/>;
- Coalition de familles francophones d'Ottawa - contact: [coalition.orleans@gmail.com](mailto:coalition.orleans@gmail.com);
- United Families of Eastern Ontario at <http://www.ufeo.ca/>;
- WIMS at <http://wimsparents.ca/>.

## Other Resources

- Autism Ontario/Ottawa at <http://www.autismontario.com/Ottawa>;
- The Down Syndrome Association of Ontario at <http://www.dsao.ca/>;
- Ministry of Children, Community and Social Services  
<http://www.mcscs.gov.on.ca/en/mcscs/index.aspx>;
- Ministry of the Attorney General, The Office of Public Guardian and Trustee  
<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/>.



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