

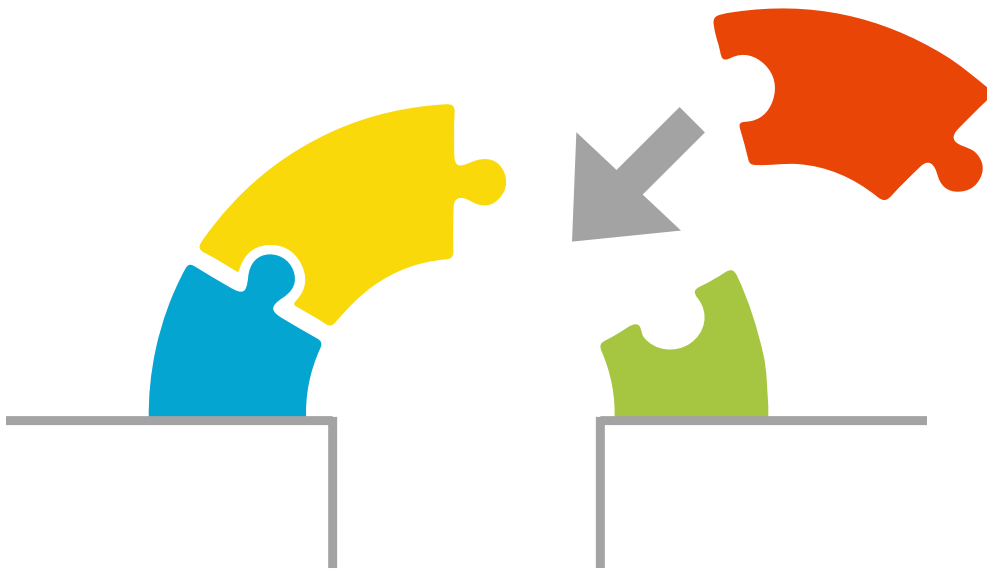
What is transition planning?

Service Coordination Support (SCS) wants to help you better prepare for life's transitions. A transition is when a person experiences or makes a change in their life, such as starting or leaving school, learning a new skill, getting a job or finding a place to live.

We recognize that everyone experiences transitions at different times in their lives. Change can be exciting and challenging for many people. Transition planning involves looking ahead and planning for the future of your choice.

Making a plan gives you a chance to tell people what's important to you, your strengths, abilities, your support needs and how you want to be supported. SCS can support you in planning for your life transitions, identify opportunities that are available to you in your community and help you reach your goals.

Read on for more information on each transition period, as well as tips and resources to help you plan **in preparation for them.**



My Search Tool

We have put together examples of resources in our tip sheets to help you plan for each transition period.

For more information, we invite you to visit My Search Tool, an online library of local resources and services for children and adults with developmental disabilities or autism. You can search by topic, location, age, or distance from your home.

You can access My Search Tool at search.sconline.ca.

Disclaimer

SCS assumes no liability or responsibility for any errors or omission in the content contained in this document.

Questions?

Please visit sconline.ca or contact us at 613-748-1788 for more information.

TRANSITION PERIOD: HIGH SCHOOL GRADUATION

Transition planning for post high school graduation is very important and it's best to start planning early!

Transition planning involves looking ahead and planning for the future of your choice. Transition planning is part of your Individualized Education Program (IEP) through your high school. The planning process involves you, your support circle and your teachers. Transition planning can help you:

- Decide where and how you want to live
- Decide what you want to do for employment, volunteer work or day programming
- Identify what your skills are and what you will need to work on
- Understand what services and supports you will need
- Learn how to find and use community resources
- Identify who you want to help you

Start transition planning discussions early with your school, between 14-16 years old. This includes talking about what you want to do after graduation, what skills you will need to learn to be as independent as possible, who you want to spend your time with, and what services will be available once you turn 18, etc.

Transition planning gives you a chance to review your strengths, abilities, skills, current resources and supports. Building your transition plan on your strengths will help for a more successful plan!

Tips

Financial Assistance and Planning

Did you know that you could apply to Ontario Disability Support Program (ODSP) 6 months before your 18th birthday? It is actually recommended as the application process can take up to 6 months.

Did you know that adult Passport funding could be used for day programming supports, respite, hiring a job coach, etc.?

Are you interested in planning for your child's future?

P4P Planning Network offers free resources and tools designed to empower people with disabilities and their caregivers to create meaningful lives.

<http://www.planningnetwork.ca/>

Building Your Network

Did you know that you must apply to Developmental Services Ontario Eastern Region (DSOER) to see if you are eligible for adult developmental services funded by the Ministry? You can start the application process early and apply at age 16. DSOER will confirm your eligibility for adult developmental services at age 16, however, the services will not start until age 18.

Have you considered visiting your local community resource center to see what services are offered in your local community to help you meet new people and build your social network? Visit this link to locate the nearest community resource center in your area:

<http://www.coalitionottawa.ca/en/find-your-chrc.aspx>

Did you know that the respiteservices.com Ottawa Program can help you find Direct Support Workers who can help you learn life skills?

<https://scsonline.ca/services/respiteservices-com/>

Are you a student between 14-21 years old interested in exploring ideas for your future after high school? Student Links matches students and mentors who share a common passion or interest. This is achieved by connecting young people with adult mentors or community connections where similar interests exist.

<https://communitylivingontario.ca/en/student-links>

Suggested Resources

Families Matter Coop

<http://www.familiesmattercoop.ca/about-us>

ODSP Employment Supports

https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/employment_support/index.aspx

Student Links

<https://communitylivingontario.ca/en/student-links/>

respiteservices.com

<https://scsonline.ca/services/respiteservices-com/>

Developmental Service Ontario Eastern Region

<https://scsonline.ca/services/dsoer/>

Y's Owl MacLure

<https://ysowlmaclure.org/>

P4P Planning Network

<http://www.planningnetwork.ca/>

Passport Funding Tip Sheet

<https://scsonline.ca/wp-content/uploads/2017/07/Passport-Tips-Sheet-English.pdf>



SERVICE COORDINATION SUPPORT
FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES
SERVICE COORDINATION SOUTIEN
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Other

Have you thought about what you would like to do when you finish school? There are so many options to consider: going to college or university, finding a job, attending a day program or recreational program, staying at home, etc. Matching your skills, interests and what is important to you will help increase your success and happiness! Think about what makes a good day for you and how you can include these activities into your weekly routine post-graduation (i.e. swimming, bowling, getting together with friends, visiting the library, etc.).

There are person-centred tools that can help you gather important information to help you make decisions about your future plans. Please contact SCS for more information.

Scan QR code to access My Search Tool and find more resources:



Transition Planning Tools:

1. SCS Community Options Package
<https://scsonline.ca/wp-content/uploads/2017/07/English-Community-Options-Package.pdf>
2. SCS Transition planning FAQ
<https://scsonline.ca/wp-content/uploads/2017/07/SCS-Questions-you-may-have-about-Transition-planning-for-parents.pdf>
3. SCS Transition planning guide
https://scsonline.ca/wp-content/uploads/2017/07/transition_booklet_EN_201909_FINAL.pdf
4. Autism Speaks Transition Tool Kit
[https://www.autismspeaks.org/sites/default/files/2018-08/Transition Tool Kit.pdf](https://www.autismspeaks.org/sites/default/files/2018-08/Transition%20Tool%20Kit.pdf)