

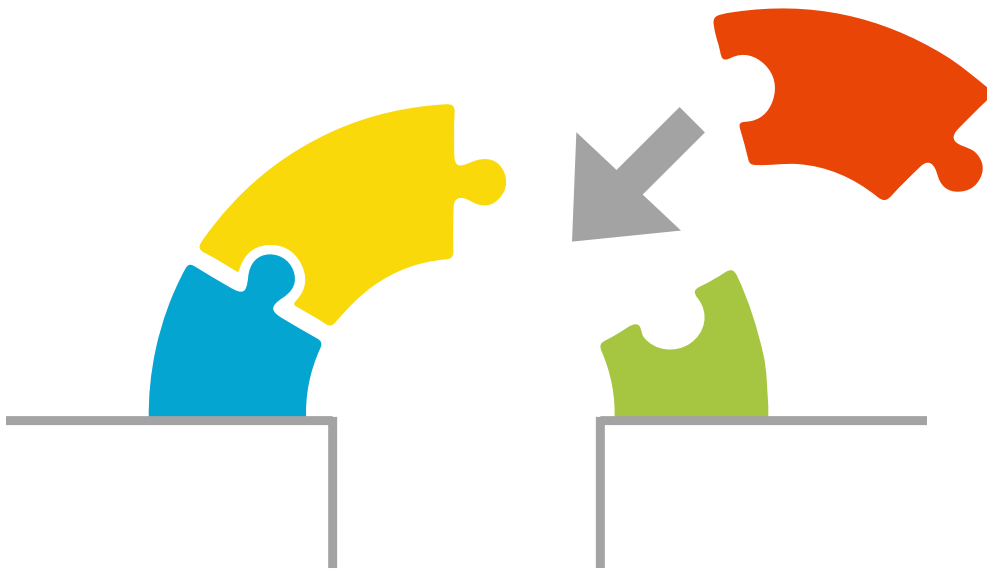
## What is transition planning?

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](https://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](https://sconline.ca) or contact us at 613-748-1788 for more information.

# TRANSITION PERIOD: EMPLOYMENT OR VOLUNTEER OPPORTUNITIES

If finding work or a volunteer opportunity is important to you, there are services available to help you find the right option! Employment support programs can help you identify your work interests, assess your employment skills and training needs. You can also get help with preparing your resume, searching for jobs opportunities and getting ready for interviews. Some programs can help you learn new employment skills, such as cooking, cleaning, woodworking, office skills, etc. Other programs can help you prepare for job placements, provide job coaching and volunteer opportunities.

## Tips

### Finding Employment Opportunities

Did you know that ODSP has a Supported Employment Program? This program can help you with your job search, the interview process and training for your new job.

Have you considered contacting [respiteservices.com](http://respiteservices.com) to hire a job coach, someone who can support you while you receive training for your new job?

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

Have you considered visiting your local community resource center to see what services are offered in your local community to support you with your search for a work or volunteer opportunity? Visit this link to locate the nearest community resource center in your area:

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

### Suggested Resources

#### ODSP Employment Supports

[https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment\\_support/ES\\_Eligibility.aspx](https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment_support/ES_Eligibility.aspx)

#### Y's Owl MacLure

<https://ysowlmaclure.org/>

#### ICSS Employment Solutions

<http://www.icss.ca/english/index.html>

#### Christian Horizon's-Grow Studio's & Capable Employment Services

<https://christianhorizons.org/services/>



SERVICE COORDINATION SUPPORT  
FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES  
SERVICE COORDINATION SOUTIEN  
POUR LES PERSONNES AYANT UNE DÉFICIENCE INTELLECTUELLE

Are you a student between 14-21 years old interested in exploring ideas for your future after high school? Student Links matches students with mentors who share a common passion or interest. To do this, youth are connected with adult mentors or community connections where similar interests exist.

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

## Building Your Skills

Have you thought of what type of paid work or volunteer work you would like to do? Matching your skills, interests and what is important to you will increase your success and happiness at work!

Ask your teachers if you are eligible to participate in Co-op opportunities or job readiness programs at your school. This can help you learn new skills that will prepare you for future work and volunteer opportunities.

Did you know there are companies that offer Co-op opportunities to learn new skills, even after you graduate?

## Other

Creating a One Page Profile to attach to your resume is a great way to help the employer or volunteer organization get to know you better and understand how to best support you! SCS can help you develop your One Page Profile.

Think about how you will get to and from your work or volunteer location. Will you need someone to accompany you, can you walk or take the bus there?

### Causeway Work Center

<https://www.causewayworkcentre.org/>

### Volunteer Ottawa

<https://www.volunteerottawa.ca/volunteering.html>

### Ottawa Carleton Life skills

<https://www.ocl.ca/programs/>

### Student Links

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

### P4P Planning Network

<https://www.planningnetwork.ca>

### Adaptive Learning Program (ALP)

[www.adaptivelearninginottawa.com](http://www.adaptivelearninginottawa.com)

### Algonquin AAADD program

<https://www.algonquincollege.com/aaadd/>

### Eat More Soup

<https://csedottawa.ca/eat-more-soup/>

### Community Laundry Co-op

<http://communitylaundrycoop.ca/>

## Financial Assistance and Planning

The Ontario Disability Support Program (ODSP) Employment Supports can help you get prepare for work and find a job that is right for you. Did you know that you could work part-time and still receive ODSP? Contact your ODSP worker for more information.

[https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/employment\\_support/what.aspx](https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/employment_support/what.aspx)

Did you know that your Passport or SSAH Funding can be used to hire a support person or job coach? A job coach can help you look for work, with skill development, prepare for an interview and with training for your new job. We invite you to visit our website to view our Special Services at Home (SSAH) instructional video if you need guidance with completing your SSAH funding application.

<https://scsonline.ca/instructional-videos/ssah-application/>

Are you interested in planning for your 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/>

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



### Gourmet Express

<http://www.gourmet-xpress.com>

### Ottawa Mission Food Services Training Program

<http://ottawamission.com>