

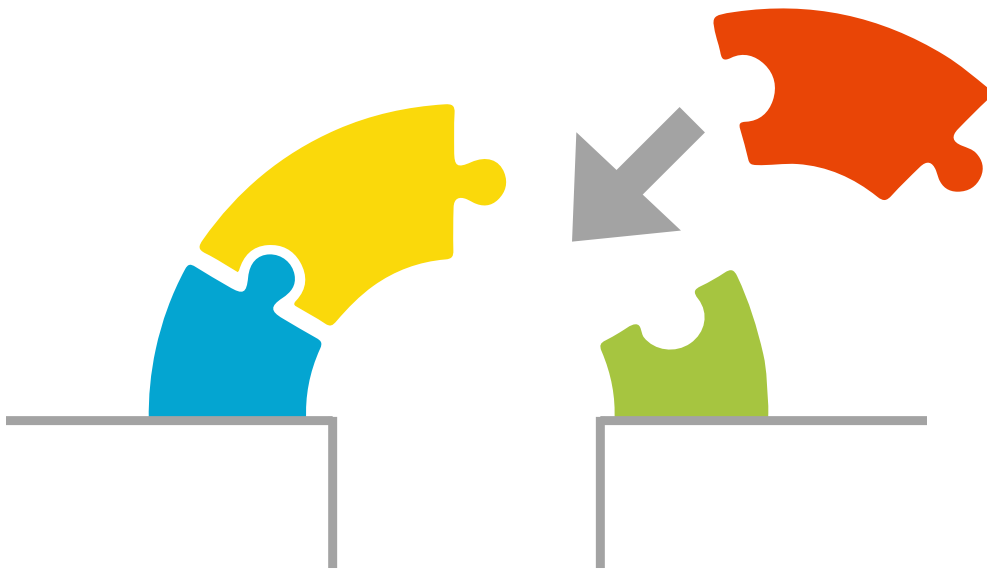
## What is transition planning?

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: RETIREMENT

Retirement is an exciting new chapter in our lives. You might wonder: how can I stay active during retirement? Planning for your retirement or a loved one's retirement? Here are some helpful tips that may make transitioning into retirement easier.

## Tips

### Recreational and Leisure Activities

You may want to explore the city and community programs to find recreational and leisure activities for older adults and seniors. Some options to explore can include and are not limited to:

- City of Ottawa Recreation Guide
- Clubs that promote activities in group settings (walking group, book club, tennis club, curling club, knitting club, etc.)
- Your public library

### Budget and Funding

You may want to consider learning about or receiving help with creating and following a budget for your retirement years. Your budget for retirement will be different from your budget when you were working. For example, you may spend less money on commuting to work and you may want to spend money on traveling.

At age 60 or older, you may be eligible for funding. Some examples of funding are:

- Canada Pension Plan (CPP) retirement pension
- Post retirement benefit
- Old Age Security Allowance (OAS)
- Old Age Security Allowance for the Survivor
- Old Age Security pension
- Guaranteed Income Supplement

### Suggested Resources

#### City of Ottawa recreational activities for seniors

<https://ottawa.ca/en/family-and-social-services/older-adults/recreation-and-leisure-older-adults>

#### Champlain LHIN long term care homes

<http://www.champlainlhin.on.ca/Accountability/SAs/LSAs.aspx>

#### The Canada Pension Plan (CPP) retirement pension

<https://www.canada.ca/en/services/benefits/publicpensions/cpp.html>

#### The Canadian Pension Plan disability benefit

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>



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FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES  
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Are you under the age of 65 and been diagnosed with a disability? If so, you might be eligible to apply for the Canadian Pension Plan Disability Benefit.

Did you know that if you have children and your spouse or common law partner passed away you could also be eligible for the Canada Pension Plan Benefits (CPP)? Some of the CPP benefits that you may be eligible for:

- CPP children's benefit
- CPP death benefit
- Allowance for the Survivor

If yourself or a loved one you are caring for is 65 years of age or older they could be eligible for:

- CPP retirement pension
- Post-Retirement Benefit (PRB)

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



### **Canada Pension Plan (CPP) death benefit**

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit.html>

### **Canada Pension Plan (CPP) children's benefits**

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-childrens-benefit.html>

### **Allowance for the Survivor**

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor.html>

### **Canada Pension Plan (CPP) retirement pension**

<https://www.canada.ca/en/services/benefits/publicpensions/cpp.html>

### **Post-Retirement Benefit (PRB)**

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-childrens-benefit.html>

### **Canada Pension Plan (CPP) survivor's pension**

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html>