

Individual & Family Supports

AUTISM ONTARIO

1179 King St. W., Suite 004
Toronto, Ontario
M6K 3C5

Kimberley Lauzon: kimberly@autismontario.com

416-246-9592 ext. 320 or 1-800-472-7789

www.Autismontario.com

Autism Ontario, we understand the challenge of dealing with Autism/ASD. We are an independent, non-profit organization committed to improving the quality of life for people and families living with Autism and related disorders.

We provide information, support, resources, and advocacy to advance the quality of life for individuals affected by ASDs in our community.

Programs include; Autism Parents' Support Group, Asperger Syndrome Parent Support Group, Aspirations, Families of Adults with Autism Spectrum disorder and Asperger Syndrome Youth group

Services are offered in both French and English.

**Fee for service option available*

AUTISM MENTORSHIP PROGRAM (A.M.P)

<https://autismmentorship.com/about/>

amp.ncr@gmail.com

www.facebook.com/AMP.NCR

The Autism Mentorship Program (A.M.P.) is a Not-For-Profit Organization founded to support youth with ASD in the community by leveraging the strengths of post-secondary student-athlete volunteers.

**Free*

COUNSELLING & FAMILY SERVICE OTTAWA

310 Olmstead St.
Ottawa, ON K1L 7K3
613-233-8478
info@cfsottawa.ca
www.ottawa.ca

Catholic Family Service Ottawa (CFSO) offers, at its head office and in community resource centers in the Eastern part of the city, a range of services and programs to help clients of both official languages, who reside in the Ottawa area. In some areas CFSO offers services as part of a program designed to respond to a set of complex issues and challenges

Services include: Program for victims of family violence, Program for Victims of Sexual Abuse, Program for victims of abusive relationships, Program for individuals who have been abusive to their partners, Program for children and youth who need support, Counselling, Information services to the general public and Advocacy.

**Fee for service (Walk-in's are free of charge on Thursdays and Fridays starting at noon, please visit our website for more information).*

CHEO

OTTAWA CHILDREN'S TREATMENT CENTRE (OCTC)
395 Smyth Road
Ottawa, ON K1H 8L2
613-737-0871 Toll Free: 1-800-565-4839
<https://www.cheo.on.ca/en/CTC>

The behaviour services team provides treatment to children, teens and adults with developmental disabilities who engage in challenging problem behaviour. The service is based on the principles of Applied Behaviour Analysis (ABA) and has two phases: the assessment period and the intervention period.

We offer group and individual behavior services. We have consultants that work with families, caregivers and staff and train them to be agents of change for the client.

** DSO referral required*

ABLE2 (FORMERLY CITIZEN ADVOCACY)

312 Parkdale Ave. Ottawa, ON K1Y 4X5
Lenka Stevanovic 613-761-9522 ext. 223

Email: info@able2.org

Website: <https://www.able2.org/>

Person-Directed Planning & Facilitation: If you don't know where to start or what to do next, a Planning Facilitator can help you make a plan.

Some examples:

- Leaving school (ex. high school or adult education) and wondering what you'll be doing after graduation
- Moving
- Looking for work, professional experience or educational opportunities
- Wanting more meaningful activities and involvement
- To look at ways to have more friends or meaningful relationships
- A plan for housing and supports
- Maybe you're just thinking about the future and would like someone to help you think about what's really important to you
- There are no age limits as it is never too early or too late to start thinking about and putting things in place for the future.

Person-Directed Planning and Facilitation has also been proven to be effective for every person inclusive of any disability, communication style, independence or decision-making capacity.

<https://www.able2.org/programs/person-directed-planning-facilitation/>

Building Community: personal future planning for families with a relative with a disability

- Assistance through a trained community connector in the creation of a personal support network aimed at ensuring a safe and secure future for the person with the disability

- Network opportunities for families to meet and connect with one another

- Regular workshops for families and individuals. For example, on Wills, Trusts and Estate Planning, RDSP, etc.

- Recreational activities for individuals and their families. <https://www.able2.org/programs/build-community/>

Siblings Group: Having a brother or sister who is living with a disability can be fun and challenging for children and teens. Our therapeutic groups offer the chance to: meet other children/teens who understand, share experiences, get information, do some fun activities and learn about different disabilities.

Participants, between the ages of 6 and 17 years, will be grouped by age in four different groups.

The groups meet once a month and are led by trained and experience Program Facilitators.

<https://www.able2.org/programs/sibling-groups/>

* Fee For Service

CONNECTION OTTAWA

Clinique juridique francophone de l'Est d'Ottawa at Vanier Community Service Centre
290 Dupuis Street
Ottawa ON K1L 1A2
Gina Grosenick or Liz Majic
info@connectingottawa.com
<http://connectingottawa.com/about>

Our aim is to improve access to justice for linguistic minorities; people who are not proficient in English or French or who face communication challenges as the result of a disability or sensory impairment

Low income and vulnerable clients who present with a legal issue often have complex cases that benefit from coordinated intervention by legal and social services. We take a holistic approach and draw upon strengths that already exist within our network of over 40 community health, legal, immigration, disability, and social services agencies. Together, we address the compounded barriers faced by linguistic minorities.

**Free*

DISABILITY ADVOCACY NETWORK OF EASTERN ONTARIO (DANEO)

<http://daneo-raipheo.ca>
daneo.raipheo.ca@gmail.com

We advocate for the rights of citizens labelled with intellectual/developmental disabilities to have access to the same opportunities and choices as other Ontarians. Following Article 19 of the UN Convention on the Rights of Persons with Disabilities (UNCRPD),

- a) persons with disabilities have the opportunity to choose their place of residence and where and with whom they live on an equal basis with others and are not obliged to live in a particular living arrangement;
- b) persons with disabilities have access to a range of in-home, residential and other community support services, including personal assistance necessary to support living and inclusion in the community and to prevent isolation or segregation from the community;
- c) community services and facilities for the general population are available on an equal basis to persons with disabilities and are responsive to their needs.

We promote these rights by:

- Advocating with governmental and other agencies on issues affecting families and individuals labelled with intellectual disabilities
- Taking collective action to raise living standards and tackle the causes of disability poverty in Ontario
- Sharing information between citizens labelled with intellectual/developmental disabilities and their families and allies on events, meetings, government legislation, and supports and services
- Raising awareness within the general public on issues that affect people labelled with intellectual disabilities
- Building relationships and disability advocacy networks within Eastern Ontario
- Increasing DANEO's membership in order to have a strong community voice in Eastern Ontario

DANEO is a coalition of advocacy groups and individuals committed to improving the lives of citizens with intellectual and developmental disabilities living in Eastern Ontario. We base our key messages on the human rights principles articulated in the United Nations Convention on the Rights of Persons with Disabilities – to which Canada is a signatory. We advocate for full rights and inclusion of Ontarians with intellectual and developmental disabilities.

**Free*

DOWN SYNDROME ASSOCIATION – NATIONAL CAPITAL REGION

P.O. Box 8025, Station T Ottawa

ON K1G 3H6

613-737-0658

info@dsancr.com

<http://www.dsancr.com/>

The Down Syndrome Association - National Capital Region (DSANCR) is a non-profit, registered charity group made up of individuals working to enhance the quality of life for people with Down syndrome, and to provide assistance and support to their parents and friends. The purpose of this community is to provide a means to share information and ideas and to provide support among members of the DSANCR.

The DSANCR is a Canadian Down Syndrome Society (CDSS) and Down Syndrome Association of Ontario (DSAO) affiliate.

Membership includes:

- Social events such as cooking classes, bowling, swimming,
- The super popular dinner and dances,
- An annual picnic with a bbq, swimming, face painting, fire-truck, live music and a bouncy castle,
- A first-class newsletter 2 times a year with tons of useful information,
- Representation on DSAO (Down Syndrome Association of Ontario),
- Work to Learn opportunities,
- Representation on SEAC (Special Education Advisory Committees),
- DS-Force (likely with a new `chapter` beginning soon!),
- General information about events and services,
- A new and improved web site, currently housing our fantastic Road Map,
- Hospital visits for new families,
- A baby group for new and young families,
- Our super fun Go21 Walk with a bbq and animals to pet and ride,
- Plus a variety of other activities such as efforts to continue to explore employment for adults with Down syndrome

Membership Fees:

First year is free! \$ 20 a year (after the first year)

Membership is free for adults with Down Syndrome

** Fee for membership*

DSW CO-OPERATIVE

dswcoop@gmail.com

<https://dswcoop.ca>

We work with people with developmental disabilities to facilitate their participation in all aspects of their home and community life, by building a co-operative work environment where both people with developmental disabilities and Developmental Services Workers thrive.

Activities of daily living support

We work with our clients to help them develop the skills they need to live, thrive, and engage in their communities.

Caregiver respite

DSW Co-op works to support our clients and their caregivers, providing flexible, daytime, respite care. Overnight respite care is potentially an option on a case by case basis.

Community participation support

DSW Co-op promotes the social inclusion of our clients, providing support with Volunteer, Social and Recreational Activities

** Fee for service*

FAMILIES MATTER CO-OPERATIVE INC.

<http://www.familiesmattercoop.ca>

613-797-2416

admin@familiesmattercoop.ca

<https://www.facebook.com/Families-Matter-Co-Operative-100326591321673/>

Families Matter Cooperative (FMC) is a network for families with adult loved ones with developmental or intellectual disabilities.

Offering workshops, seminars and networking events that empower families and foster networks of support to build the capacity of individuals with developmental disabilities so they can live full and inclusive lives.

Flexible membership options with distinct benefits - Starting at \$50 per year; includes free access to the Coffee House Series, reduced rates on knowledge exchange events, and voting privileges.

Families Matter Co-Operative (FMC) is a "virtual office". As a result, we are not confined to a single place or specific time to engage our community.

**Fee for Membership*

FAMILY SERVICES OTTAWA

312 Parkdale Avenue

Ottawa ON K1Y 4X5

613-725-3601

fsfo@familyservicesottawa.org

www.familyservicesottawa.org

We offer counselling and support services to anybody in Ottawa who needs it. No matter what it is that you're dealing with, we're here to listen. We offer a safe space, and will help you work through whatever is troubling you.

Our programs are run by counsellors who are highly skilled and trained in each of our service areas. Family services staff and clients who have already benefited from our services are also involved in making our programs as helpful and successful as they are.

**Fee for service*

INNOVATIVE COMMUNITY SUPPORT SERVICES (ICSS)

2025 Lanthier Drive

Orleans, Ontario K4A 3V3

613-824-9424

www.icss.ca

Community Outreach – ICSS offers Community Outreach supports to individuals who require supports in their community. Our committed staff complete visits with participants in various environments to assist with activities of daily living, life skills, job/volunteer placements and educational programming. All programming and supports are individualized to suit the needs of the people we support.

Supported Independent Living – ICSS is pleased to have launched our first Supported Independent Living Program. Individuals in this program receive ongoing supports to assist them in living as independently as possible.

**Fee for Service*

JEWISH FAMILY SERVICES OF OTTAWA

2255 Carling Ave, suite 300

Ottawa, ON K2B 7Z5

613-722-2225

info@jfsottawa.com

<http://www.jfsottawa.com/>

Full service, non-sectarian agency offering more than 65 programs and services to children, youth, adults and seniors, be they individuals, couples, families or groups.

Services include; The Counselling Group, Couples & Relationships Counselling, Walk-in Clinic, Tikvah Program, Shalom Bayit, Street Smarts, Settlement Supports, and Seniors Support Services.

** Fee for service*

OTTAWA CARLTON LIFESKILLS (OCL)

9 – 1 Brewer Hunt Way,

Ottawa, ON K2K 2B5

613-254-9400

info@ocl.ca

www.ocl.ca

OCL's Supported Independent Living Program (SIL) or Enhanced Supported Independent Living Program (ESIL) supports and empowers people to live in their own space, whether alone or with a roommate. Individuals in this program have a higher degree of independence and require less help and supervision but OCL staff are there to offer varied hours of support depending on the needs of each person.

SIL / ESIL staff support the individuals of this program with job hunting and guidance with finances, housekeeping, shopping and cooking, managing medical issues and social relationships.

Individuals who are part of this program and their families, set goals and plans through an Individualized Service and Support Plan, facilitated by SIL / ESIL staff and Supervisor. Both the individual and their family review strategies for attaining their goals. They review this plan regularly. Strategies might include consulting outside professionals, obtaining clinical, educational or recreational resources, or even moving.

DSO referral required/ Fee for service option

OTTAWA FOYER PARTAGE

764 Belfast Rd.,
Ottawa, Ont. K1G 0Z4
613-744-3562 ext.307

www.facebook.com/ottawafayerspartage
<http://ottawafayerspartage.org/>

Community Respite

Ottawa Foyers Partage offers 1 to 1 community respite support to individuals living independently in the community, in emergency housing, long-term care facilities, or with family. Our staff work a variety of hours to help link individuals to activities, supports, and services in their community. We offer a wide variety of services centered on the needs/wants of individuals. Some examples of the support we offer are:

- Daily living skills: Shopping, meal preparation, money management, finding a place to live
- Health: Physical and mental health, advocating at doctor's appointments, medication monitoring
- Community Supports: Employment search, Community activities

** DSO referral required/ Fee for service option**

PARENTS' LIFELINES OF EASTERN ONTARIO (PLEO)

613-321-3211 Toll Free: 1-855-775-7005

info@pleo.on.ca
www.pleo.on.ca

Parents' Lifelines is a non-profit family support organization for parents and caregivers whose children to age 25 are dealing with mental health and/or addiction challenges. We are staffed with parents who also have supported their own children with these challenges – we have travelled this journey. We understand the challenges and the stresses on families but we also know there is hope, recovery is possible and we know first-hand that parents and caregivers play a significant role. Children and youth with good family support have better outcomes. Families also need support to be the supporters and advocates their children need.

**Free*

RESPISESERVICES.COM

613-748-1788 ext. 240

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

respiteservices.com in Ottawa is hosted by SCS. It is a secure website with tools that match you with Direct Support Providers who can provide respite. This service is available to children and adults with developmental disabilities and/or autism in Ottawa.

**Free/Fee for workers*

Service Coordination Support – Case Management

507-1400 St. Laurent Blvd.
Ottawa, ON K1K 4H4
613-748-1788

admin@scsottawa.on.ca
<https://scsonline.ca/services/adult-case-management/>

Case management at SCS is a collaborative, inclusive and individualized process. We work towards goal setting, planning, advocating and exploring available community resources to support the achievement of personal outcomes. This service is offered in Ottawa.

Your relationship with your case manager is voluntary, based on your active participation in your plan. The worker facilitates goal oriented planning with time defined supports. The person/family is always an active participant in all decisions. Please see <https://scsonline.ca/services/adult-case-management/> or call 613-748-1788 for more information.

**DSOER Referral Required*

Spark Lifecare

10 Florence Street
Ottawa, Ontario, K2P 0W7
613-290-9709 or 1-888-201-0250

hello@sparkcares.ca
<https://sparkcares.ca/>

We created Spark out of a deep conviction that care should be personal, simple and affordable for everyone. Your days of dealing with many different schedules, coordinators and offices are over. Our services are streamlined. Everything is in one place.

Spark Lifecare offers services such as transportation, caregiving, case management, nursing, psychology, therapy, housekeeping and virtual care. Please visit <https://sparkcares.ca/services/> to request a consultation.

**Fee for Service*

SPECTRUM INTERVENTION GROUP

30 Camelot Dr.
Ottawa, ON K2G 5X8
613-723-0606

info@spectrumig.com
<https://www.spectrumig.com>

Spectrum's main objective is to operate a non-profit center for the treatment and education of children and young adults diagnosed with an autism spectrum or related disorder in order to increase their cognitive and social abilities in the home, school and community. All programming is based on the principles of applied behavior analysis (ABA). We also provide continuing education and training to parents, caregivers, therapists and other professionals regarding the principles and practice of ABA.

**Fee for service*

VALOR & SOLUTIONS

29-2450 Lancaster Road

Ottawa, ON, K1B 5N3

613-249-8593 ext. 233

info@valorsolutions.ca

<https://valorsolutions.ca>

Our clinical services team offers bilingual specialized services to adults with an intellectual disability or dual diagnosis who present challenging behaviours and/or complex medical needs. Our services are offered across the Eastern Region of Ontario (Prescott-Russell; Stormont, Dundas and Glengarry; Ottawa and Renfrew)

Clinical services are offered to the individual's circle of support and are mobile, which allows for our Clinical Coordinators to meet individuals in their environments. Through consultation, education, training, on-site support and practical interventions; recommendations are put forth to the circle of support with the goal to reduce the presentation of challenging behaviours and to enhance quality of life.

**DSOER Referral Required*

Y'S OWL MACLURE CO-OPERATIVE CENTRE

1140 Morrison Dr. Suite 100, Ottawa ON K2H 8S9

613-721-1500

www.ysowlmaclure.org

Foundations program

Foundations is designed to help young adults with developmental disabilities make a successful transition from school to a wide range of community participation activities including employment. This is accomplished by facilitating the development of innovative, time-limited supports that strengthen community involvement skills. The Foundations Program helps young people make informed choices about their future life directions for a successful transition from school to community-based activities, including moving out on their own, and work opportunities. People are exposed to a wide range of opportunities considering their interests, goals, and skills.

Referrals to the program are received from Developmental Service Ontario-Eastern Region for funded vacancies. Individuals and families may also purchase service using Passport or private funds depending on availability. For further information please call 613-721-1500, or email michele@ysowlmaclure.org

Supported Independent Living

Supported Independent Living (SIL) is a community-based program for adults with a developmental disability. SIL can assist people by raising awareness of existing services in their community and providing opportunities for positive experiences. Services provided include support with budgeting, grocery shopping, personal safety, crisis management and prevention. The SIL Program is for people who live in their own apartment "or house in the community.

Referrals to the program are received from Developmental Service Ontario-Eastern Region for funded vacancies. Individuals and families may also purchase service using Passport or private funds depending on availability. For further information please call 613-721-1500 or email stuartd@ysowlmaclure.org

** DSO Referral requires & Fee for Service*