

Transitioning to Adulthood: A Community Resource Guide for Persons with Disabilities



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Table of Contents

Parent Voices.....page 3

About the Transition.....page 4

Transition Planning Resources.....page 5

Disability Advocacy Resources.....page 8

Health Resources.....page 10

Housing.....page 12

Adult Day Programs.....page 14

Respite Care.....page 17

Transportation.....page 18

Education.....page 20

Employment.....page 21

Leisure, Recreation and Entertainment.....page 22

Assistive Technology.....page 24

Legal Rights.....page 25

Miscellaneous Supplements.....page 26

Transition Checklist.....page 27



Parent Voices

“My son Colton is now 16 years old, a young man with autism. He is an extremely capable, having all the independence skills of a sixteen year old. He is very kind and outgoing and has a passion for the computer, animals and evolution. The gap so far in his development is his social connections with peers his age. He has no problem with this, as he tells me often, “I just want to be myself” ... It will be an interesting next few years, as so far it has been a honour to be a part of his journey and love for life, as where ever he goes he will shine and take his passion for life with him.”

Tonia

“I found I did not give myself enough planning time for Ashley’s transition from High School to a day program. I relied too much on others for their input of places they thought would hit Ashley and her needs. When I was finally able to arrange a visit to the facility recommended I realized right away it was not what would work for us. It was then more difficult to find what would work in our situation. In hind sight I should have started the looking process at least one year prior to Ashley graduating from high school. It takes time to find a program that would work for our needs and as well to ensure there would be a spot open when needed.”

Shelly

“I was not prepared for the emotional landslide that hit me as I realized that my son is close to leaving all the support of his childhood. These include a caring social worker, therapies through Queen Alexandra Centre, an excellent school, wonderful respite workers, special sports activities, and much more! ... He is anxious about the future, and so am I... I would love my son to be able to live at home and spend his days out in the community. I believe he would still learn many things and be a contributing member of society.”

Sheri



About the Transition

Many families do not know where to start or where to go to gather information about planning their child's future. Here are some things to consider and local Victoria, BC resources to help find the information you need.

Children become adults under British Columbia law at **19** years of age.

Begin the planning process of what you and your child need/want as early as possible. Many parents suggest the age of **14**. There are often lengthy applications and waitlists for programs and facilities. Here are some things to consider:

Housing

Finances

Activities/Day Programs

Education

Employment

Transportation

Leisure, Recreation and Entertainment

Health Requirements

Miscellaneous

Begin the application process for Persons with Disabilities benefits (PWD) by age **17** to ensure funding is in place when your child is **18**.



Transition Planning:

What is it?

- Planning for the future
- Facilitating maximum independence
- Deciding what you and your child need
- Determining what are your child's goals and how you can help reach them

Why is transition planning important?

- Many resources change; child programs vs. adult programs
- Funding changes
- Legal rights change
- Waitlists for programs/facilities



Transition Planning Resources

1. Transition Planning for Youth with Special Needs: A Community Support Guide

http://www.mcf.gov.bc.ca/spec_needs/pdf/support_guide.pdf

- Created by the Ministry of Children and Family Development
- Valuable document on transition planning/strategies
- Parent focused

2. Your Future Now: A Transition Planning and Resource Guide for Youth with Special Needs and Their Families

http://www.mcf.gov.bc.ca/spec_needs/pdf/your_future_now.pdf

- Created by the Ministry of Children and Family Development
- Youth focused

3. Bridges to the Future

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

Phone: 1-800-366-8166

- For BC/Yukon youth with disabilities ages 17-24
- Preparation for Post-Secondary School, pre-employment or employment opportunities and workshops, volunteering, life-skills development, finances, recreation transportation/mobility, social networks, housing issues, application for Person With Disabilities status

4. Enquiry BC:

-Provincial Government Referral Service and provides toll-free transfer for callers who would otherwise incur a cost for obtaining information from or conducting business with the provincial government

Victoria: 250 387-6121

Vancouver: 604 660-2421

Elsewhere in BC: 1 800 663-7867

Telephone Device for the Deaf (TDD)

Vancouver: 604-775-0303

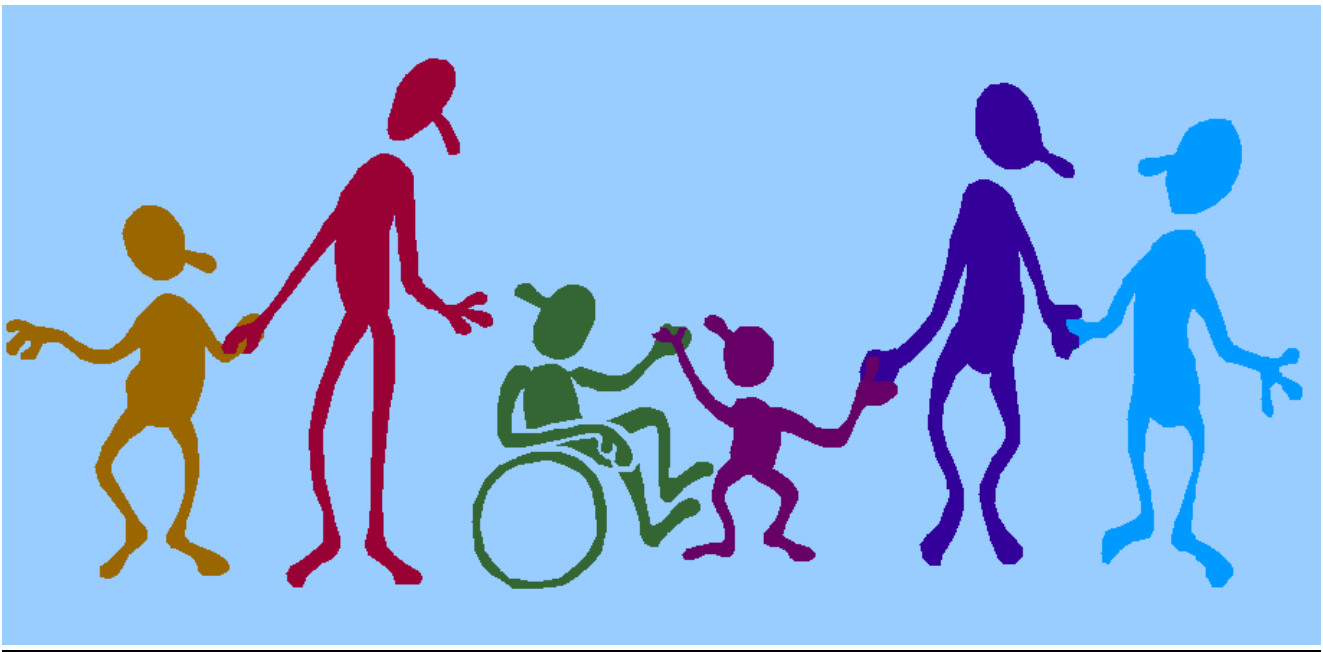
Elsewhere in BC: 1-800-661-8773



5. Developing an Individual Support Plan for an Adult

http://www.communitylivingbc.ca/policies_and_publications/documents/GuidanceforPersonalSupportPlanDevelopment-ADULTS-FortheWeb.pdf

-Document available through community Living BC (CLBC)



Disability Advocacy Resources

1. BC Coalition of People with Disabilities

www.bccpd.bc.ca

Phone: 1-800-663-1278

- Provide advocacy for individuals with disabilities
- Secure income assistance benefits
- Peer support

2. Access UVic

www.accessuvic.ca

Phone: 250-472-4389

- Advocacy for students with disabilities on University of Victoria campus
- Help with issues regarding discrimination, housing, employment, accessibility, autonomy

3. Victoria Disability Resource centre

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

Phone: 250-595-0044

- Referral services to community resources
- Peer support, employment services, assistive technology resources, Personal Supports Centre (www.personalsupports.bc.ca); goods and services to assist in activities of daily living, recreation, entertainment and travel information, public access resource library

4. Resource centre for Students with a Disability

<http://rcsd.uvic.ca/>

Phone: 250-472-4947

- Financial support, accommodations, transition planning, and assistive technology



5. Community Living British Columbia (CLBC)

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

Phone: 1-877-660-2522

- Resources and support for children and adults with disabilities. Employment, housing, individualized funding planning, aboriginal resources

6. Action Committee of People with Disabilities

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

Phone: 250-383-4105

- Housing, recreation, advocacy, resource referral

7. Office of the Ombudsman

www.ombudsman.bc.ca

Phone: 250-387-5855

- Receive inquiries/complaints about services provided by public bodies, and may investigate to determine if the public body is being fair to those it serves

8. Planned Lifetime Advocacy Network (PLAN)

www.plan.ca

Phone: 604-439-9566

-Provides advocacy and information on planning with respect to housing, support networks, wills, trusts, financial and estate planning

9. Lifetime Networks Victoria

www.lnv.ca

Phone: 250-477-4112

-Provides networking, advocacy, will and estate planning seminars, parent and personal support



Health Resources

1. Health Assistance Benefits:

Phone 1-866-866-0800

- Speak with an Employment Assistance Worker at the Ministry of Housing and Social Development office for more information

Additional: Dental coverage; Diet Allowance; Monthly Nutritional Supplement Benefit; Disposable medical/surgical supplies (ie: personal self-care items); Extra chiropractic, Massage therapy, physiotherapy and podiatry visits, Optometrists exams; Glasses- lenses and frames every 3 years

2. BC Medical Services Plan (MSP coverage)

<http://www.health.gov.bc.ca/msp/>

Phone: 250-386-7171

-The provincial medical insurance program pays for medically required services. Medical Services Plan (MSP) Premium Assistance is available for low-income families on a pro-rated basis. Short term temporary premium assistance is also available based on unexpected current financial hardship

3. PharmaCare

<http://www.health.gov.bc.ca/pharmacare/#>

-Subsidizes eligible prescription drugs and designated medical supplies

-Provides financial assistance to British Columbians

4. Choice in Supports for Independent Living

www.healthservices.gov.bc.ca/hcc/csil.html

-Eligible individuals receive funding to purchase home support services

-Individuals assume full responsibility for management, co-ordination and financial accountability of their services (recruitment, hiring, training, scheduling)



5. BC Aboriginal Network on Disability Society (BCANDS)

www.bcands.bc.ca/index.html

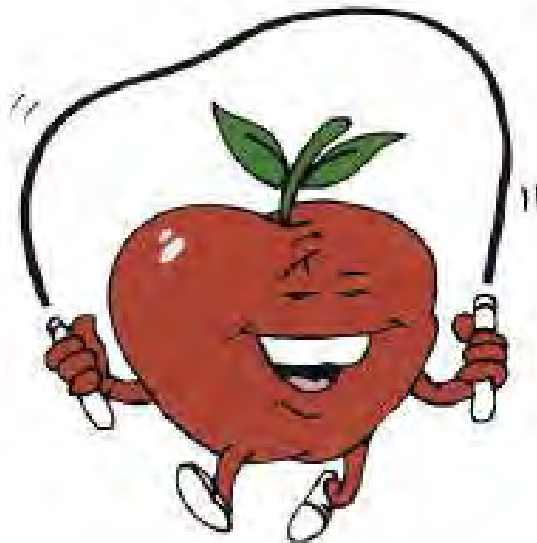
Phone: 1-888-815-5511

-BCANDS provides support services and resources to help BC's Aboriginal People with disabilities

-Resource lending program (books, videos, cassettes)

6. BC First Nations Health Handbook

www.bchealthguide.org/first_nations_healthguide.pdf



Housing

Is your child going to live:

At home

Independent

Assisted living

Supported independent

Supported apartment

Home share



Your decision depends on the needs/desires of your child and family, as well as what is available.

1. BC Housing

www.bchousing.org

2. Victoria Disability Resource Centre (VDRC)

<http://www.drcvictoria.com/resources/results/taxonomy:328>

Phone: 250-595-0044

-Governmental and non-profit housing resources

3. Greater Victoria Housing Society

<http://www.greatervichousing.org/>

Phone: 250-384-3434

4. The Independent Living Housing Society of Greater Victoria

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

Phone: 250-383-2524

5. Community Living Victoria (CLV)

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

Phone: 250-477-7231

- Day programs
- Community Services: Family support, employment support, individualized funding
- Residential Services: Supported independent living, supported apartment living, home sharing

6. Community Living BC (CLBC)

www.communitylivingbc.ca

Phone: 1-877-660-2522

- Live-in support, home sharing, staffed residential living, semi-independent support, supported apartment living, cluster living

7. Kardel Homes

<http://www.kardelcares.ca/index.php?page=kardel-homes>

Phone: 250-382-5959

- Variety of homes in residential areas providing housing for a variety of abilities

8. Shekinah Homes Society

www.shekinahhomessociety.org

Phone: 250-595-1014

- Support adults with physical and developmental disabilities in family-model homes

9. Home Owner Grant (from BC)

http://www.sbr.gov.bc.ca/individuals/Property_Taxes/Home_Owner_Grant/hog.htm

- If you incur reasonable cost in home modification for accessibility you may be eligible for a grant



Adult Day Programs

What is a day program?

-Day service, usually weekday working hours, to provide opportunities for learning, skill development and socializing

-Meet a variety of needs

1. Garth Homer Society

www.garthhomersociety.org

Phone: 250-475-2270

- Referred through Community Living BC (CLBC)

- Day time services

- Day programs (7 different programs)

- Peer support, employment services, skill development, self-advocacy training

2. Phoenix Human Services Association

Phone: 250-384-4821

-Referred through Community Living BC (CLBC)

-Community, Awareness, Training, Support (C.A.T.S)

-Life skills training (recycling, gardening, employment)

-Support services (increasing independence, self help skills supports)

-Coffee shop program: Teaches skills for employment in coffee shops



3. Futures Club

www.kardelcares.ca/futuresclub

Phone: 250-383-2258

-Variety of programs: social visits, participation in community events, exercise

4. Namaste Transition to Community Society

Phone: 250-744-2250

5. Community Explorations

<http://www.miravictoria.ca/socialsupport.html>

Phone: 250-389-1211 ext 233

-Provides development of social, life, communication skills and leisure activity

6. Pathways

<http://www.miravictoria.ca/socialsupport.html>

Phone: 250-658-5414

-Activity based program for residents of community facilities

7. Good Neighbours

Phone: 250-391-6433

8. Individuals Pursuits

www.individualpursuits.com

Phone: 250-995-9351

-Serve individuals with serious functional and behavioural challenges

-1:1 care

-Individualized day programs and group homes



9. Mobile work Crew

Phone: 250-744-0597

-Organized activities (gardening, clean up, “Odd Jobs”)

10. St. Vincent de Paul Ozanam Day Program

Phone: 250-727-2247

11. Community Living Victoria

www.communitylivingvictoria.ca/dayprograms.php

Phone: 250-477-7231

12. West Coast Human Services

Phone: 250-474-2238



Respite Care

1. Community Options

<http://www.communityoptions.bc.ca/>

Phone: 250-383-6363

- Respite services for children and adults with developmental disabilities
- Support groups for parents and children

2. Integra Support Services

www.integrasupportservices.com

Phone: 250-721-5584

- Home sharing for short-term emergency and respite services

3. Leisure Time

Phone: 250-744-1210

4. Beacon Community Services

www.beaconcs.ca

Phone: 250-655-5330

- Home support services

5. Community Living BC (CLBC)

www.communitylivingbc.ca

Phone: 1-877-660-2522

- Respite services
- Home maker services – direct household management service



Transportation

1. HandyDART

Phone: 250-727-7811 and press “3” for Customer Registration

- For individuals with disabilities that make using public transit difficult
- Door-to-door custom transit services
- Must apply for handiPASS

2. Annual Bus Pass

<http://www.bctransit.com/regions/vic/accessible/default.cfm>

Phone Bus Pass Program at 1-866-866-0800 and ask for an application to be mailed to you.

- For those with Persons with Disabilities (PWD) Benefits

3. BC Ferry Pass

http://www.bcferries.com/files/PDFs/bcf-disabled_status_brochure.pdf

Phone 250-381-1401

- Apply to BC Ferry Corporation, approx. 50% off passenger fares

4. Taxi Saver Program

Phone: 604-462-8522

- Purchase tickets for half-price
- Must have a handiPASS (through handyDART program)

5. Fuel Tax Refund Program for Persons with Disabilities

<http://www.sbr.gov.bc.ca/individual.html> and click on “Persons with Disabilities”

- Refund on provincial tax for gasoline/diesel used for transportation
- Must register for program first



6. Federal Excise Gasoline Tax Refund Program

http://www.servicecanada.gc.ca/eng/goc/gasoline_tax_refund.shtml

-Refunds a portion of federal excise tax on gasoline

7. Parking permits for people with disabilities

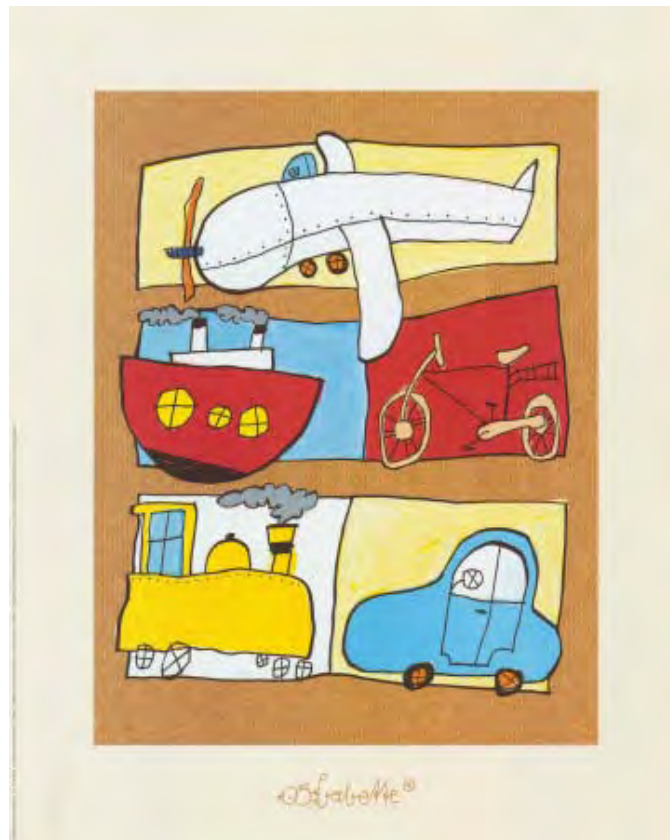
To apply, phone: Victoria Disability Resource centre 250-595-0044

Wescom Medi-Lend (Langford) 250-478-5373

8. Airlines

Phone: Customer service of your airline choice to obtain information

-Many major airlines are required to offer one free airfare to an attendant accompanying person with a disability.



Education

-Post Secondary Education, vocational and university level studies as well as basic life skill development.

1. STEPS Forward

Contact: University of Victoria steps-uvic@shaw.ca

Heather Carley, 250-884-1297 or Jessica Humphrey, 250-884-1298

-For adults with intellectual disabilities who wish to attend post-secondary school

-Programs at University of Victoria, University of British Columbia, Emily Carr University of Art and Design and University of British Columbia-Okanagan

-Co-op program helps members find paid summer employment.

2. Ministry of Advanced Education: Adult Special Education

<http://www.aved.gov.bc.ca/adultspeialed/>

-Programs and services offered in British Columbia's public post-secondary institutions are available to individuals with permanent disabilities or combinations of learning difficulties

3. Camosun College Employment Training

www.camosun.ca/learn/programs/etp/index.html

Phone: 250-370-3000

-Provides training for entry level employment

-Certifications: first aid, food safe, gardening, customer service, computer studies, job search skills

4. Canada Study Grant for Students with Permanent Disabilities (CSG-PD)

<http://www.aved.gov.bc.ca/studentaidbc/specialprograms/permanentdisabilites.htm>



Employment

1. Transition Youth Employment Services Society (T.Y.E.S.)

www.tyes.ca

Phone: 250-387-7582

-Support with job search, resume writing, worksite adaptations, employment counselling, wage subsidies, needs assessments, and employer education

2. Access to Employment (through the Victoria Disability Resource centre)

www.drcvictoria.com

Phone: 250-595-0044

-For individuals currently or in the last 5 years receiving Employment Insurance

-Needs assessment, employment assistance, training in assistive technologies, workshops for employers and employees

3. Community Living Victoria: Supported Employment Program

<http://communitylivingvictoria.ca/communityservices.php>

Phone: 250-477-7231

4. Employment Program for Persons with Disabilities

www.mhr.gov.bc.ca

Phone: 250-387-6121

5. WorkAble Solutions

www.workablesolutionsbc.ca

Phone: call Enquiry BC
Victoria: 250 387-6121

-Connects BC employers with persons by providing employment resources and support



Leisure, Recreation and Entertainment

1. BC Parks Disability Pass (Camping)

www.env.gov.bc.ca/bcparks/fees/fees.html#disabilities

-Individuals in receipt of Persons with Disabilities (PWD) benefits may inquire about the Disability BC Parks Pass. With this pass, families or the individuals and camping parties are exempt from campsite fees at BC Parks Campgrounds

2. Fishing License fee reduction

- Contact Victoria Disability Resource Centre for application form: 250-595-0044

3. Access 2 Entertainment Card

www.access2.ca

Phone: 416-932-8382 Ext. 227 (Toronto)

-Allows individuals with disabilities to bring a support worker for free or substantially discounted

- Participating sites such as movie theatres and museums with more locations being added all the time

4. Recreation Integration Victoria

www.rivonline.org

Phone: 250-477-6314

-Supports inclusive leisure and recreation opportunities in the community

-Some services include 1:1 volunteer leisure assistance, community leisure and recreation referrals, free pass for a support worker into recreation places requiring admission fees, and outdoor equipment loans (specially adapted cycles, tandem bikes, water-skis etc..)

5. Special Olympics Victoria

www.victoriaspecialolympics.com



6. L.I.F.E. Program (Saanich residents only)

<http://www.saanich.ca/resident/recreation/life.html>

Phone: 250-475-5424

-For families with gross income below Low Income Cut-Offs.

-Given an access card and coupon book for 52 free drop-in activities at any Greater Victoria recreation centre, and 50% off any registration-required program in Saanich recreation centres

7. Community Pool and recreation Centres

Phone your local Recreation Centre

-Many recreation centres have accessible equipment for pool and workout facilities

8. Victoria Riding for the Disabled Association

www.members.shaw.ca/vrda

Phone: 250-658-6272

-Therapeutic horseback riding for individuals with physical, developmental or emotional disabilities

9. Operation Trackshoes

<http://www.trackshoes.ca/index.html>

Phone: 250-721-2233

-A sports festival for the citizens of British Columbia who have a mental disability

10. Disabled Sailing Association of British Columbia

www.disabledsailingbc.org

Phone: 250-477-6314

-Provides recreational, instructional and competitive sailing opportunities for individuals with disabilities



Assistive Technology

1. CanAssist

www.canassist.ca

Phone: 250-721-7300

-Develop customized technology and devices to improve quality of life for individuals with disabilities.

2. Personal Supports Centre (through the Victoria Disability Resource Centre)

<http://www.personalsupports.bc.ca/>

Phone: 1-888-818-1211

3. Assistive Technology BC (AT – BC)

<http://www.at-bc.ca/>

Phone: 604-264-8295

-Special technology support services including assessments, consultations, equipment training, repair and troubleshooting

4. CAYA (Communication Assistance for Young Adults)

www.cayabc.org

Phone: 604-261-9450

- Ages 19-35
- Alternative and augmentative communication assistance
- Offer assessments, recommendations
- Communication system creation
- Technical support

Legal Rights

1. Nidus – personal planning recourse centre and registry

www.rarc.ca

Phone: 604-408-7114

- Provides information regarding representation agreements, power of attorney, and committeeeship
- Legal rights

2. Public Guardian and Trustee of British Columbia (Public Trustee)

www.trustee.bc.ca

Phone: 604-660-4444

- Protects legal rights and financial interests of children and vulnerable adults

3. Community Legal Assistance Society

<http://www.clasbc.net/>

Phone: 604-822-5791

- Providing specialized legal assistance to promote social justice



Miscellaneous Supplements (Values subject to change)

1. Christmas Supplements

- \$35 for single person, \$70 for couples

-Ask an Employment Assistance Worker (EAW) at the Ministry of Housing and Social Development about this

2. Crisis Supplements

-Up to \$100/ year for clothing, \$20/ month for food, and emergency rent assistance. Funding may also be provided for a one-time emergency need

-Speak with EAW

3. Guide Animal Supplement

-\$95/ month

-Speak with EAW

4. Registered Disability Savings Plan (RDSP)

www.plan.ca

-Savings plan for individuals with disabilities to save money for long-term financial security

-Possibilities to qualify for Savings Grants and Bonds if income beneath certain parameters

5. Disability Tax Credit (DTC)

www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/menu-eng.html

-For individuals with severe and prolonged physical or mental disability

-Individuals that qualify for Persons with Disabilities (PWD) may not qualify for Disability Tax Credit

Checklist for Transition Planning

This list may be utilized by checking the areas you see as important. By prioritizing the needs and wants of you/your child this list can help you plan for the future in advance.

Housing

- With family
- Alternative family setting style
- Supervised group home
- Supported apartment
- Semi-independent living support
- Shared living with roommate
- Own accommodation

Advocacy/Legal services

- guardianship/committeeship
- will/trusts
- self-advocacy

Medical Services

- Mobility support needs
- Homecare nursing
- Medical Service Plan (MSP)
- Specialists
- Therapy
- Personal Care Attendant
- Assistive/ Augmentative Devices

Leisure/Recreation

- Specialized recreation/social activities (Special Olympics)
- Sports/social clubs
- Community centre programs
- Community education (craft/art/music programs)
- Parks and Recreation programs
- Hobby clubs
- Independent activities (computer, reading, art)
- Church groups
- Friendship circles
- Volunteering
- Support worker requirements

Respite

- In-home
- In-community
- Family, friends or employed caregivers

Independent Living Skills

- Cooking/home management
- Money management
- Social skills
- Personal care/ Hygiene
- Personal safety skills
- Sexuality: Sex education, self-awareness, family planning, relationships

Financial Concerns

- Earned income
- Unearned income (parental support)
- Insurance, trust, grants
- Persons With Disabilities (PWD) Benefits

Education/Employment

- On the job/vocational training
- Post-secondary schooling
- Day programs
- Volunteer work
- Supported work model
- Basic life skills development

Transportation

- Independent (bicycle, car, walking)
- Public transportation (bus, taxi)
- Specialized transport (handyDART)
- Specialized equipment
- Carpooling

Communication

- Augmentative communication
- Speech therapy
- Literacy skill development
- Technology/specialized equipment

Transitioning to Adulthood: A Community Resource Guide for Persons with Disabilities is intended to support and encourage families who have a young adult, with disabilities, who is transitioning into adulthood.

The Cridge Respite Resource Service wishes to express appreciation to Justina Doerksen and Jennifer Zado, 4th year Nursing students at the University of Victoria who have created this helpful tool for parents. We also wish to thank the parents and agencies who have helped with the creation of this document.

We recommend that parents refer to a range of resource materials, community professionals, and agencies for additional support and practical assistance.

The Cridge Respite Resource Service is not responsible for the use or misuse of the information contained in this booklet. The information in the booklet is accurate and up-to-date as of December, 2009.

We encourage you to copy this booklet.

We ask that no profit be made from its distribution.

Should you require further information, please contact the Cridge Respite Resource Service at 250-995-6412.



Notes

Notes