

# Bridging to Adulthood Tips: Resources for Parenting with a Disability

The following resources may be of interest to youth and adults with disabilities who are considering parenting and live in Ontario.

## Parent and Prospective Parent Mentorship

- **Centre for Independent Living Toronto (CILT)** runs the [Parenting with a Disability Network](#) for parents and prospective parents with disabilities in Toronto and the GTA. Activities are both virtual and in person. Supports include networking, peer support, information and education.
- CILT and Birthmark Seed & Sprout offered a '**We Exist: Queer and Trans Parenting, Disability and Mental Health**' [event](#) in June 2021. Contact Rebecca at 416-599-2458 ext. 291 or [peers@cilt.ca](mailto:peers@cilt.ca) for more information.
- **Spinal Cord Injury Ontario** offers a [Peer Program](#) that facilitates mentorship among individuals with spinal cord injuries. Mentors can talk about a variety of life and daily living topics, including family relationships and parenting with a disability.

## Nurturing Assistance

- In Ontario, parents with physical disabilities who use **Attendant Services** may qualify for [Nurturing Assistance](#). The consumer with a physical disability directs the nurturing assistant to provide physical support for parenting activities e.g. lifting, carrying, diapering, positioning for breast/chest feeding, positioning the child for play with the parent.

## Books and Videos about Parenting with a Disability

- CILT has a [directory of books](#) with information about parenting with a disability.
- Spinal Cord Injury BC lists a variety of [videos and resources](#) for parents with disabilities.

### Holland Bloorview Kids Rehabilitation Hospital

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A teaching hospital fully affiliated with the University of Toronto.

## Assistive Devices for Parenting with a Disability

The following information about sample assistive devices for parents with disabilities is provided for reference only. Holland Bloorview and the authors of this resource do not endorse any specific assistive devices for parenting in general. An assessment with a qualified professional is strongly recommended when considering and selecting assistive devices appropriate for your specific needs, situation and environment.

- Consider a referral to an **occupational therapist** for an assessment and recommendations for assistive devices for parenting that fit your specific situation. You can request an assessment through [Home & Community Care](#) or through the [Find an OT](#) search tool.
- Volunteer-based organizations such as the [Tetra Society](#) and March of Dimes Canada [DesignAbility](#) offer modification and custom design of assistive devices for a range of activities.
- Idaho Assistive Technology Project. (1995). Assistive Technology for Parents with Disabilities: A Handbook for Parents, Families and Caregivers. [Available online](#).

## Medical and Professional Services

- **Speak with your primary care provider, applicable specialists and/or other relevant care providers.** They can help address questions about sexual health, fertility, medical considerations for pregnancy and parenting, care options, hospital and community resources, options for adoption, parenting supports, child development and other topics that may be relevant.
- **Sunnybrook Hospital** has an [Accessible Care Pregnancy Clinic](#) for women, trans and non-binary people with physical disabilities who are considering pregnancy or who are pregnant.
- The **Ontario Association of Midwives** has information on [clients with disabilities](#).
- **Surrey Place** offers a [Parenting Enhancement Program](#). This is a skill building program for parents with intellectual disabilities who meet specific criteria.

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview's Transitions Team  
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