



## **Holland Bloerview**

Kids Rehabilitation Hospital

## **Transitions, recreation and life skills development**

**SUMMER 2019**

**Ages 7–18 (up to 21 if still in high school)**

Our transitions, recreation and life skills development programs provide experiential learning opportunities in real world settings and are available to children and youth who have disabilities and are clients of Holland Bloorview. Our goal is to maintain and improve health and quality of life for children and youth with disabilities.

## Transitions, recreation and life skills development AGES 7 – 14

These programs are for participants who can:

- Identify personal reasons for wanting to join the program (with help from their families) and are willing to set and work on personal learning goals during the program
- Contribute to and learn from activities with peers (we do a lot of learning in group workshops)

Please note:

- \* Priority will be given to first time participants.
- \* Attendant care is provided in our group programs, however we do not provide 1:1 support for medical or behavioural needs. If 1:1 support is needed, it is the participant's responsibility to make arrangements to schedule and pay for their own worker. (We request 1:1 support be provided by a non-family member.)
- \* Transportation to and from programs is the responsibility of the participants/caregivers.
- \* For participation in overnight programs, participants must be deemed medically stable by family physician. (Form provided with registration package following acceptance notification.)

## RECREATION AWARENESS AND FRIENDSHIP SKILLS

### Fun with friends

Make new friends, practice conversation skills, teamwork, taking turns and cooperation. Learn why it is important to have fun while participating together in recreation activities. (2 week program)

Ages 7–14

**July 2–5, 2019**

10 a.m. – 4 p.m. daily (Tuesday – Friday)

**AND**

**July 8–12, 2019**

10 a.m. – 4 p.m. daily (Monday – Friday)

Holland Bloorview and in the community

\$270.00

## HEALTHY LIFESTYLES

### Busy bodies

Learn about healthy lifestyles through fun, fitness and healthy meal preparation.

Ages 7–14

**July 22–26, 2019**

10 a.m. – 4 p.m. daily (Monday – Friday)

Holland Bloorview and in the community

\$150.00



## INTEGRATED CAMPING

### Camp connection

Experience an overnight camp for the first time. Participate in popular camp activities including archery, swimming, campfire, arts and crafts, rock climbing, canoeing, horseback riding and more.

Please note that these camp grounds are not wheelchair or walker accessible. If you are interested in a camp that is physically accessible, please contact us for more information.

Ages 9–14	<b>August 6–9, 2019</b> (Tuesday – Friday) Cedar Ridge Camp, McArthur Mills, ON Transportation is provided to and from camp, drop off and pick up is at Holland Bloorview.	\$400.00
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## ADAPTED RECREATION

### Access boom sailing

Learn to sail in a safe and supportive environment. Participants learn basic sailing skills using adapted sailing equipment.

Ages 7–14	<b>August 12–16, 2019</b> 9 a.m. – 4 p.m. daily Etobicoke Yacht Club	\$150.00
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## Recreation equipment loan service

This service provides families with the opportunity to borrow adapted recreation equipment to try out at home.

Ages birth – 18 (up to 21 if still in high school)	Year round by appointment Bookings available for up to two weeks
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## Transitions, recreation and life skills development AGES 15–18 (up to 21 if still in high school)

These programs are for participants who can:

- Give some basic information about disability/diagnosis and assist in directing personal care (if assistance is needed)
- Identify personal reasons for wanting to join the program and are willing to set and work on personal learning goals during the program
- Contribute to and learn from activities with peers (we do a lot of learning in group workshops)

Please note:

- \* Priority will be given to first time participants.
- \* Attendant care is provided in our group programs, however we do not provide 1:1 support for medical or behavioural needs. If 1:1 support is needed, it is the participant's responsibility to make arrangements to schedule and pay for their own worker. (We request 1:1 support be provided by a non-family member.)
- \* Transportation to and from programs is the responsibility of the participants/caregivers.
- \* For participation in overnight programs, participants must be deemed medically stable by family physician. (Form provided with registration package following acceptance notification.)





## LIFE SKILLS DEVELOPMENT AND PREPARATION FOR TRANSITIONS

### Turning point

Live in residence overnight for five days and work on independence skills.

Ages 16–18  
(up to 21 if  
still in high  
school)

**July 8–12, 2019**  
(Monday – Friday)  
Durham College, Oshawa

\$525.00

### Making it happen

Start to work on life skills to become more independent.

Ages 15–18  
(up to 21 if  
still in high  
school)

**July 22–25, 2019**  
**AND**  
**July 29–August 1, 2019**  
10 a.m.–3 p.m. (Monday – Thursday)  
March of Dimes, 10 Overlea Blvd.  
and in the community

\$240.00

### The independence program (TIP)

Experience living away from home for three weeks, make your own meals, direct your own care and navigate safely in the community.

Ages 17–18  
(up to 21 if  
still in high  
school)

**July 28–August 16, 2019**  
Seneca College  
Newnham Residence

\$1700.00 plus spending  
money (Please refer to back  
page for financial assistance  
information, if required)

## PUBLIC TRANSIT SKILLS

### Summer in the city

Learn about public transit and practice using it with staff support.

Ages 15–18 (up to 21 if still in high school)	<b>August 12–15, 2019</b> <b>AND</b> <b>August 19–22, 2019</b> 10 a.m.–3 p.m. (Monday – Thursday)  Location to be determined	\$240.00
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## INTRODUCTION TO THE WORLD OF WORK

### Youth@Work

Get work experience and build life skills. The program includes work placement experience and group workshops.

Ages 15–18 (up to 21 if still in high school)	<b>Youth@Work 1</b> <b>July 2–19, 2019</b> (For youth in essential or special education high school courses) OR  <b>Youth@Work 2</b> <b>Starts July 29, 2019, for 4 weeks</b> (For youth in academic or applied high school courses, indicate your interest and we will discuss details with you)  Holland Bloorview and in the community (timing to be confirmed)	\$270.00
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## ADAPTED RECREATION

### Access boom sailing

Learn to sail in a safe and supportive environment. Participants learn basic sailing skills using adapted sailing equipment.

Ages 15–18 (up to 21 if still in high school)	<b>August 19–23, 2019</b> 9 a.m.–4 p.m. daily  Etobicoke Yacht Club	\$150.00
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## How to register

To register for any of our programs, please print out and complete the application form found on our website at [www.hollandbloorview.ca/trlifefskills](http://www.hollandbloorview.ca/trlifefskills) and return by mail, hand delivery or fax.

Please do not email any forms to us.

Holland Bloorview Kids Rehabilitation Hospital,  
150 Kilgour Rd., Toronto, ON M4G 1R8  
c/o Transitions, recreation and life skills  
Fax: 416-422-7037

If you have questions, please call us at 416-425-6220 ext. 6208

## Registration deadlines

Summer application date: **February 28, 2019**

Notification date: **April 5, 2019**

Payment date: **May 10, 2019**

\*Funding application date: **May 10, 2019**

\*All funding applications should be submitted by this date to receive approval prior to the program start date. If funding applications are submitted later and approval has not been received before program start date, payment will still be required in full. Finance may be contacted to discuss payment plan options.

For funding information/application please contact our Family Resource Centre

Email: [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

Tel: **1-877-463-0365**

## Cancellation policy

To receive a refund, participants must withdraw from a seasonal program at least two weeks prior to the program start date. A \$50 service charge will be deducted. For cancellations less than two weeks prior to the start of the season, the full program cost will be charged.

Once enrolled, the TRLS staff will work with the client and family to ensure that their identified support needs are met. However when all possible avenues have been exhausted, it may be determined that we are unable to meet the needs of the participant and participation in the program is not able to continue. Any decision such as this will be made in collaboration with the family, client, program staff and manager.

## Not sure if a particular program is right for you?

Please call us at (416) 425-6220 ext. 6208