

# Bridging to Adulthood Tips: Searching For and Choosing Community Activities

This handout lists databases that you can search to help find community programs and activities for adults with disabilities in Ontario, Canada. As well, there are tips on how to choose programs that meet your needs and preferences.

## Community Activity Databases

<p><b>The Healthline Database</b></p>	<p>A large database of health and community services in Ontario.</p> <p>Website: <a href="https://www.thehealthline.ca/">https://www.thehealthline.ca/</a></p> <ul style="list-style-type: none"> <li>• Use the map to choose your location</li> <li>• Under 'Health Topics' choose 'People with Disabilities' to browse resources</li> </ul>
<p><b>My Community Hub</b></p>	<p>Tailored to individuals with developmental disabilities.</p> <p>Online registration hub for activities, programs, classes and respite offered by Developmental Service Agencies in Ontario.</p> <p>Website: <a href="https://mycommunityhub.ca/">https://mycommunityhub.ca/</a></p>
<p><b>Connectability Fee for Service Program Directory</b></p>	<p>Tailored to individuals with developmental disabilities.</p> <p>Online database of activities, programs, classes and respite that are not listed in My Community Hub.</p> <p>Website: <a href="https://connectability.ca/directory">https://connectability.ca/directory</a></p>

<p><b>Toronto Recreation Guide Holland Bloorview Resource</b></p>	<p>A listing of sports, activities, hobbies, social and leisure programs. Website: <a href="#">Online Family Resource Centre Recreation Guide</a></p>
<p><b>Municipal Recreation</b></p>	<ul style="list-style-type: none"> <li>• <b>Contact your local municipality</b> for rec &amp; leisure programs and accessibility supports e.g. <a href="#">Toronto Recreation</a>, <a href="#">York Region Recreation</a>, <a href="#">Durham Region Sports and Recreation</a></li> <li>• 211 Listing and Map of <a href="#">Community Rec Centres in Ontario</a></li> </ul>
<p><b>Local Libraries</b></p>	<p><b>Contact your local library</b> for available programs and accessibility supports.</p> <ul style="list-style-type: none"> <li>• List of all <a href="#">Ontario Public Libraries</a></li> </ul>
<p><b>Access Now</b></p>	<p>An online map and app that rates the accessibility of specific locations/activities in Toronto. Website: <a href="https://accessnow.com/">https://accessnow.com/</a></p>

## How do I find and choose a programs that fit with me?

There are many resources out there, which can feel overwhelming at times. Some people may find it helpful to narrow their search and matching process by:

- 1) Defining a specific goal for your search.**  
E.g. I want to find at least 2 swimming programs in Toronto that I can go to.
- 2) List the characteristics of the resource are important for you.**  
E.g. I want the swim program to be wheelchair accessible, on weekday evenings, within a 15 minute drive from my house and with other people my age.
- 3) Search for available resources.**  
You can start with the databases identified above.
- 4) List your top contenders.**

Compare each resource to the characteristics you identified as helpful to narrow down your list.

Program Options	Wheelchair Accessible	On Weekday Evenings	Within 15 Minute Drive from Home	With Other People My Age
Program A	X	✓	X	X
Program B	✓	✓	✓	✓
Program C	✓	X	✓	✓

**5) Consider if you want more information about the program(s).**

Consider calling, emailing, or visiting your top contenders if you have specific questions that have not yet been answered.

**6) Select your top choice.**

**7) Take next steps to sign up for the program.**

**Well done!**

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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