

# Bridging to Adulthood Tips: Signatures for People with Physical Disabilities

## Physical Challenges with Signing Documents

Some adults with physical or sensory disabilities may have **difficulty physically signing their name** on documents **despite having the cognitive and legal capacity to make decisions**. For example, some people have difficulty holding a pen or coordinating their arm movements to sign on paper. Finding a reliable alternative signature method is important for participating in adult life activities e.g. for completing application forms, banking, signing housing leases, completing legal documents etc.

## Alternative Methods to Signing

In Ontario, **alternatives** for people who have the capacity to make their own decisions yet are unable to make a traditional signature with pen and paper may include:

- **Making a mark** e.g. X, finger print, toe print
- **Electronic signatures**
- **Signature agents**
- **Signature stamps** (replica of signature for progressive conditions)

Each method above has **pros and cons**, which a person should consider before selecting. For more information, please see this [article](#) from Arch Disability Law Centre and/or **speak to your legal professional** before selecting an option. Holland Bloorview also has a free, [onsite legal consultation](#) program for existing clients.

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  
Contact: Laura Thompson, OT Reg. (Ont.), Team Lead & Occupational Therapist  
416-425-6220 ext. 3686, [lthompson@hollandbloorview.ca](mailto:lthompson@hollandbloorview.ca)

Last updated: 07/07/2022

**Holland Bloorview Kids Rehabilitation Hospital**

150 Kilgour Road, Toronto ON Canada M4G 1R8 **T** 416 425 6220 **T** 800 363 2440 **F** 416 425 6591 [hollandbloorview.ca](http://hollandbloorview.ca)

A teaching hospital fully affiliated with the University of Toronto.