

# Toronto Autism Spectrum Disorder (ASD) Resources

Last Revision July 2018

This list can be accessed on the Holland Bloorview website  
[www.hollandbloorview.ca/ClientFamilyResources/FamilyResourceCentre](http://www.hollandbloorview.ca/ClientFamilyResources/FamilyResourceCentre)

## What is Autism Spectrum Disorder?

Children with autism spectrum disorders (ASD) have difficulty interacting with others and interpreting the world around them. This is because of changes in the way the brain develops.

Some children with ASD may have trouble using words to say what they think, feel or want. Others may talk easily but find it hard to play with others or start a conversation with a peer. Some children with ASD are very sensitive: regular sounds or the touch of a shirt tag can upset them. Some need more input from the senses to feel at ease. Children with ASD may repeat movements or words, have intense interests and prefer routine and order.

The word 'spectrum' is used because children can have a range of concerns - from mild to severe. Each child with ASD is unique, with diverse strengths and challenges that can change over time.

## Online information

### Autism Ontario

Telephone: 416-246-9592 ext. 236

Website: [www.autismontario.com](http://www.autismontario.com) (Toronto Chapter)

This website provides information about ASD and resources and offers parent supports and events in Toronto.

### Autism Speaks

Website: [www.autismspeaks.org](http://www.autismspeaks.org)

This website provides informational tool kits on different topics including '100 Day Kit' and 'Guide to applied behaviour analysis'.

### About Kids Health (Sick Kids Hospital)

Website: [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) (Go to 'Health A-Z')

Learn about Autism Spectrum Disorder and begin planning for next steps.

### Asperger's Society of Ontario

Telephone: 416-651-4037

Website: [www.aspergers.ca](http://www.aspergers.ca)

This agency provides information to families and adults with Asperger's.

### Connectability

Website: [www.connectability.ca](http://www.connectability.ca)

This website provides information for parents, children and youth on various special needs including ASDs. Information includes parent tip sheets in different languages, educational videos and free downloadable visuals.

### Ministry of Child and Youth Services – 'Autism Parent Resource Kit'

Website: [www.children.gov.on.ca](http://www.children.gov.on.ca)

This kit provides a variety of resources related to supporting individuals with ASD.

### 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 [www.hollandbloorview.ca](http://www.hollandbloorview.ca)

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Kids Rehabilitation Hospital

### **Surrey Place Centre – ‘Community Resource Guide’**

Website: [www.surreyplace.on.ca](http://www.surreyplace.on.ca)

This guide lists agencies and programs in Toronto that support individuals with ASD.

### **Parentbooks Bookstore**

Telephone: 416-537-8334

Website: [www.parentbooks.ca](http://www.parentbooks.ca)

This bookstore carries a wide range of books and DVDs focusing on parenting children with special needs.

### **Community based agencies – Autism Spectrum Disorder**

#### **Geneva Centre for Autism**

Telephone: 416-322-7877

Website: [www.autism.net](http://www.autism.net)

This agency offers parent education workshops, parent support groups, social skill and respite programs, summer camps, a lending library, behaviour consultation, etc.

#### **Ontario Autism Program – (Toronto Autism Services)**

Telephone: 416-925-5141 ext 2289

Website: [www.torontoautismservices.ca/](http://www.torontoautismservices.ca/)

This agency provides individualized assessment for behaviour based intervention programming for children on the Autism Spectrum (0-18 years old) Services may be provided in groups/individual to help build skills through the use of applied behaviour analysis (ABA). Groups may focus on communication, behaviour management and emotional regulation, and social and daily-living skills.

**\*\*\*General inquiries about the new Ontario Autism Program can be made directly to the Ministry of Children and Youth Services at 416-327-6790 or visit their website [www.children.gov.on.ca/htdocs/English/specialneeds/autism/index.aspx#](http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/index.aspx#)**

#### **Kerry’s Place Autism Services (Toronto Region)**

Telephone: 416-537-2000

Website: [www.kerrysplace.org](http://www.kerrysplace.org)

This agency provides a family resource centre and parent consultation, teen social skills groups, music groups, swimming programs, etc.

### **Early intervention services**

#### **Early Abilities (previously Preschool Speech and Language Program)**

Website: [www.toronto.ca](http://www.toronto.ca) (Go to ‘Community & People’, ‘Children, Youth & Parenting’, ‘Healthy Parenting’, ‘Speech and Language’)

Telephone: 416-338-8255

This agency provides speech and language therapy services for children up to school age.

#### **Surrey Place Centre**

Telephone: 416-925-5141

Website: [www.surreyplace.on.ca](http://www.surreyplace.on.ca)

This agency promotes caregiver-child interactions and child development through their Infancy and Early Childhood Program.

#### **Holland Bloorview Kids Rehabilitation Hospital**

Telephone: 416-782-1105

This agency offers in home developmental programming support through the Infant Development Services. This service is intended for children not enrolled in daycare or school.

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### **Centennial Infant and Child Centre – Early Intervention Program**

Telephone: 416-935-0200 ext. 246

Website: [www.cicc.ca](http://www.cicc.ca)

This agency promotes caregiver-child interactions and child development through their home based Early Intervention Program. This service is intended for children not enrolled in daycare or school.

### **EarlyON Child and Family Centres**

#### ***Drop-In and registered Programs***

Website: [www.ontario.ca/page/find-earlyon-child-and-family-centre](http://www.ontario.ca/page/find-earlyon-child-and-family-centre)

These centres offer play based learning programs where the goal is to provide optimal child development through parent child interactions.

#### ***Let's Get Started Programs***

Telephone: 416-920-6543

Some centres offer a parent-child social play group for children with delays in development.

### **Toronto Public Health - Healthy Babies, Healthy Children Program**

Telephone: 416-338-7600

Website: [www.toronto.ca](http://www.toronto.ca) (Go to 'Community & People', 'Children, Youth & Parenting', 'Pregnancy & Parenting', 'Healthy Pregnancy', 'During Pregnancy', 'Prenatal Programs')

This program provides a nurse and/or a home visitor who supports with child development.

### **School**

#### **Key Terms**

##### ***Identification, Placement and Review Committee (IPRC)***

An IPRC is a committee made up of at least three people, one of whom must be a principal or supervisory officer of the board. The IPRC decides whether or not your child should be identified as exceptional, identifies the areas of your child's exceptionality, and recommends an appropriate placement. IPRC meetings take place at least once in each school year. Parents can approach their child's principal to set up one and are encouraged to attend.

##### ***Special Education Program Placement and Review Committee (SEPRC)***

A SEPRC is a committee of school staff that meet before junior kindergarten entry. To ensure that children are in the best place to meet their needs from the day they first begin attending a school, the SEPRC can provide a recommendation for placement in an intensive support special education program, which the student may attend until the time at which the formal Identification, Placement and Review Committee (IPRC) process can take place.

##### ***Individualized Education Plan (IEP)***

Children identified as exceptional students receive an IEP that is developed in consultation with parents. It includes: specific educational expectations, an outline of the special education program and services that will be received.

#### **Helpful Websites**

**Ministry of Education** – [www.edu.gov.on.ca](http://www.edu.gov.on.ca) (Go to 'Parents', 'Special Education')

**School Advocacy** - [www.schooladvocacy.ca](http://www.schooladvocacy.ca)

## Childcare

### **Toronto Children's Services**

#### ***Find Childcare***

Telephone: 416-338-8888

Website: [www.toronto.ca/community-people/employment-social-support/](http://www.toronto.ca/community-people/employment-social-support/)

Find a City of Toronto regulated childcare in your community.

#### ***Services for Children with Special Needs***

Website: [www.toronto.ca/community-people/employment-social-support/](http://www.toronto.ca/community-people/employment-social-support/)

If a child is registered in a city-regulated childcare, a resource consultant may be available to provide guidance to childcare staff on how to support the needs of children with special needs. Speak with the childcare supervisor about this service.

#### ***Childcare Fee Subsidy***

Website: [www.toronto.ca/community-people/employment-social-support/](http://www.toronto.ca/community-people/employment-social-support/)

Financial assistance may be available to help eligible families with the cost of licensed child care. Parents and/or children with a special need may qualify for fee subsidy and written documentation would be needed.

## Recreational programs

### **Toronto Parks and Recreation**

#### ***Program Information and Registration***

Website: [www.toronto.ca/parks](http://www.toronto.ca/parks)

City of Toronto provides all year round recreational programs and camps. Registration is online, by phone or at the local community centre. Financial assistance is available for some families through the 'Welcome Policy.'

#### ***Adapted and Integrated Services***

Website: [www.toronto.ca/parks/accessibility/index.htm](http://www.toronto.ca/parks/accessibility/index.htm)

Telephone:

North York: 416-395-6183

Toronto & East York: 416-397-4923

Etobicoke/York: 416-394-8746

Scarborough: 416-396-7760

Adapted and Integrated Services may be able to provide additional support for children with special needs.

### **Holland Bloorview Kids Rehabilitation Hospital**

#### ***Music and Arts Programs***

Telephone: 416-425-6220 ext. 3317

Website: [www.hollandbloorview.ca/musicandarts](http://www.hollandbloorview.ca/musicandarts)

Provides music, visual and performing arts programs for children with special needs.

#### ***Swimming***

Telephone: 416-425-6220 ext. 3539

Website: [www.hollandbloorview.ca/swim](http://www.hollandbloorview.ca/swim)

Provides a range of swimming programs for swimmers with a disability and their family.

#### ***Community Snoezelen Room***

Telephone: 1-800-855-0511 to get Bell Operator. At prompt give 416-422-7049

Website: [www.hollandbloorview.ca/snoezelen](http://www.hollandbloorview.ca/snoezelen)

A unique sensory experience with music, lighting effects, gentle vibrations, and tactile sensations.

### **Variety Village**

Telephone: 416-699-7167

Website: [www.varietylvillage.ca](http://www.varietylvillage.ca)

This recreational facility offers all year round recreational programs and camps.

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## **Inclusive Recreation Guide and Recreation Funding Guide**

<https://hollandbloorview.ca/clientfamilyresources/familyresourcecentre/fun>

### **Directory of private services**

#### **ABACUS**

Website: [www.abacuslist.ca](http://www.abacuslist.ca)

Provides information about applied behaviour analysis (ABA) and a listing of ABA providers.

#### **College Of Occupational Therapists of Ontario**

Telephone: 416-214-1173

Website: [www.coto.org](http://www.coto.org)

Provides a listing of occupational therapists who are members of a regulated, professional college.

#### **Ontario Association of Speech and Language Pathologists and Audiologists**

Telephone: 416-920-3676

Website: [www.osla.on.ca](http://www.osla.on.ca)

Provides a listing of speech and language pathologists who are members of a regulated, professional college.

#### **Spirale**

Website: [www.autismontario.com/spirale](http://www.autismontario.com/spirale)

Provides a listing of regulated professionals that work with individuals with ASD.

#### **Calypso**

Website: [www.autismontario.com/calypso](http://www.autismontario.com/calypso)

Provides a listing of camps for individuals with ASD and other special needs.

### **Parent support programs**

#### **Autism Ontario**

Telephone: 416-246-9592 ext. 236

Website: [www.autismontario.com/toronto](http://www.autismontario.com/toronto)

This agency offers monthly parent support groups, connection to local resources and family events and workshops.

#### **Holland Bloorview Kids Rehabilitation Hospital**

Telephone: 416-425-6220 ext. 6337

Website: [www.hollandbloorview.ca](http://www.hollandbloorview.ca)

This agency offers monthly parent support groups for parents that have children with ASD.

#### **Extend-A-Family**

Telephone: 416-484-1317

Website: [www.extendafamily.ca](http://www.extendafamily.ca)

This agency helps create relationships between families who have children with disabilities and others in their community. Family coordinators can connect families with local resources, friendship circles, host families and family support groups.

#### **Geneva Centre for Autism**

Telephone: 416-322-7877

Website: [www.autism.net](http://www.autism.net)

This agency provides monthly parent support groups and a connection of parents via email.

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### **Woodgreen Community Services – Parent Outreach Program**

Telephone: 416-645-6000 ext. 1311

Website: [www.woodgreen.com](http://www.woodgreen.com)

This agency provides a home visiting program to caregivers who have children with special needs. Home visitors are parents who also have a child with special needs.

Please refer to Connectability website for a more extensive list of support groups. [www.connectability.ca](http://www.connectability.ca)

### **Research**

#### **Autism Treatment Network (ATN)**

Telephone: 416-925-5141 (Toronto ATN)

Website: [www.autismspeaks.ca/science-services-resources/science/autism-treatment-network/](http://www.autismspeaks.ca/science-services-resources/science/autism-treatment-network/)

This organization is a network of physicians, researchers and families across North America working to improve care for children and youth with ASD. The Toronto ATN is a collaboration between Holland Bloorview, Surrey Place Centre and Sick Kids Hospital. The ATN registry collects clinical information on children newly diagnosed with ASD.

#### **Autism Research Centre**

Website: <http://research.hollandbloorview.ca/ResearchCentresLabs/AutismResearchCentre>

This centre conducts ongoing innovative research programs aimed at improving outcomes and quality of life for children with ASD and their families.

### **Funding**

#### **Disability Tax Credit (DTC)**

Telephone: 1-800-959-8281

Website: [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

A non-refundable tax credit that can reduce the amount of income tax one pays. Children that are eligible must have a severe and prolonged impairment in physical or mental functions. One may also qualify for the income based Child Disability Benefit. This form must be completed with a physician's assistance. The application can be downloaded from the website.

#### **Registered Disability Savings Plan (RDSP)**

Telephone: 1-800-959-8281

Website: [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

A RDSP helps parents and others save for the long-term financial security of a person with a disability. In general, any person under the age of 60 who is eligible for the Disability Tax Credit and a resident in Canada can open an RDSP. If the person is a minor, their parent or legal representative may establish the RDSP. Ask your local bank for more information.

#### **Assistance for Children with Severe Disabilities (ACSD)**

Telephone: 416-325-0500

Website: [www.children.gov.on.ca](http://www.children.gov.on.ca)

A monthly allowance for children with disabilities under 19 years of age with functional losses, to assist with the extraordinary costs associated with having a child with special needs. Gross annual income (before taxes) must be below \$65,000 (approximately) in order to apply. If eligible, a drug and dental card are provided. One can call to request an application form.

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**Special Services at Home (SSAH)**

Telephone: 416-325-0500

Website: [www.children.gov.on.ca](http://www.children.gov.on.ca)

Annual funding allocated for family relief and personal development for children with special needs under the age of 19. There are no income requirements and the application can be downloaded from the website.

**Easter Seals Ontario - Incontinence Supplies Grant**

Telephone: 416-421-8377 ext. 314

Website: [www.easterseals.org](http://www.easterseals.org)

Children 3 to 18 years old with a chronic disability resulting in irreversible incontinence lasting longer than 6 months may be eligible for this grant. There are three levels of funding depending on age and level of incontinence. This grant helps to offset the cost of diapers and other supplies. This application must be completed with a medical doctor's assistance and can be downloaded from the website.

**Access 2**

Telephone: 416-932-8382

Website: [www.access2card.ca](http://www.access2card.ca)

The Access 2 Card allows people with a disability to receive either free admission or a discount for their support person at select movie theatres and attractions across Canada. There is a processing fee. This application must be completed with the assistance from a health care professional and the application can be downloaded from the website.

**TTC Support Person Assistance Card**

Telephone: 416-393-3030

Website: [www.ttc.ca](http://www.ttc.ca)

This card allows fare exemption for a support person accompanying a person with a disability on public transit. This application must be completed with a medical doctor's assistance and can be downloaded from the website.

**Holland Bloorview Family Support Fund**

Telephone: 416-425-6220 ext. 6303

Website: [www.hollandbloorview.ca](http://www.hollandbloorview.ca)

This Fund offers financial support to Holland Bloorview families during a time of transition or stress. It may support family accommodations at Holland Bloorview, equipment, recreation and life skills programs, medications or respite. Decisions are based on how the funding will impact the client's physical safety, the emotional well-being of the family and the family's financial need.

**Tax Tips from the Special Needs Planning Group**

Website: [www.specialneedsplanning.ca](http://www.specialneedsplanning.ca)

**Respite programs and help with funding applications****Respiteservices.com**

Telephone: 416-322-6317

Website: [www.respiteservices.com](http://www.respiteservices.com)

This agency helps families find respite workers and can provide information about respite, recreation and summer camp options. They offer financial workshops and support to help complete Special Services at Home and Assistance for Children with Severe Disabilities funding applications.

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## **Community based agencies – Intellectual Disabilities**

### **Surrey Place Centre**

Telephone: 416-925-5141

Website: [www.surreyplace.on.ca](http://www.surreyplace.on.ca)

This agency provides services to children and families and adults with intellectual disabilities such as service coordination, behaviour consultation, early intervention, occupational consultation and speech consultation.

### **Community Living Toronto**

Phone: 647-426-3220

Website: [www.cltoronto.ca](http://www.cltoronto.ca)

This agency provides services to children and families and adults with intellectual disabilities. Services can include parent support, behaviour consultation, home management and sibling supports. Weekday/weekend respite programs are offered through Ennerdale and Lawson locations.

### **Youth Link**

Telephone: 416-967-1773

Website: [www.youthlink.ca](http://www.youthlink.ca)

This agency provides support for youth with intellectual disabilities and their families. Services can include family support services, counselling and parent support groups.

### **Developmental Services Ontario (DSO)**

Telephone: 1-855-372-3858

Website: [www.dsontario.ca](http://www.dsontario.ca)

This agency helps adults with intellectual disabilities and their families connect to services in their communities. Families can begin the registration process when the child is 16 years old.

## **Community based agencies – Learning Disabilities and ADHD**

### **Child Development Institute (Integra Program)**

Telephone: 416-486-8055

Website: [www.childdevelop.ca](http://www.childdevelop.ca)

This program offers services for children between the ages of 8 and 18; services can include individual and family counselling, friendship groups, education workshops and summer camps.

### **Learning Disabilities Association of Ontario – Toronto Chapter**

Telephone: 416-229-1680

Website: [www.ldatd.on.ca](http://www.ldatd.on.ca)

This agency offers a variety of programs for children and families such as social skills groups, tutoring, and education workshops.

***When reading this resource list, please note that not all services and resources may be applicable and can have varying wait times. Also, these resources are for informational purposes only.***

*\*Compiled by Social Workers in Holland Bloorview's Child Development Program\**