

Personalized Transition Plan

My evolving journey into young adulthood

GET STARTED



IMPORTANT!

SAVE THIS FILE BEFORE PROCEEDING!

DON'T:



Do **NOT** work with this file in a web browser window!

All changes you make will be lost!

DO:



A. Download the Personalized Transition Plan PDF file to your Computer.

(File > Save As...)



Open in **Acrobat Reader**.

If you don't have Acrobat Reader software, you can [click here](#) to download and install it.



Always **save your changes** before closing the Personalized Transition Plan PDF file and any Transition Toolbox files.

(File > Save.)

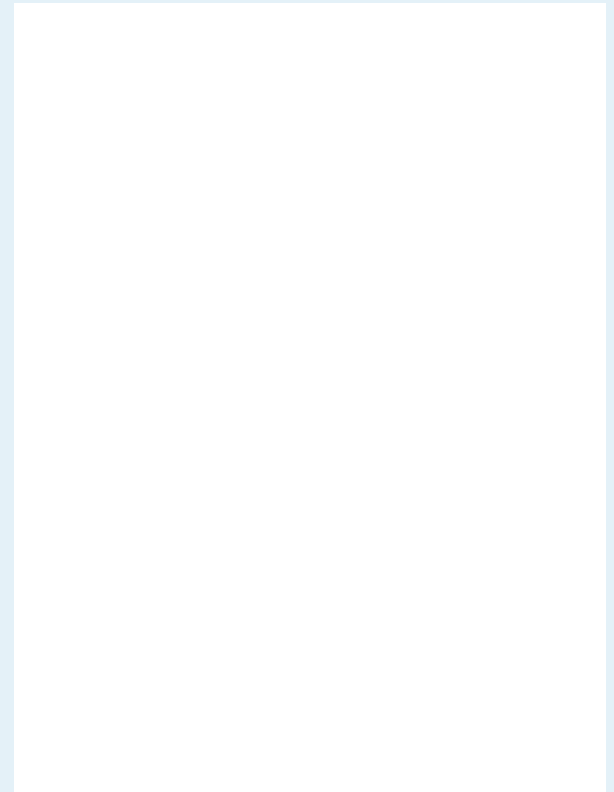
B. Type the name of the file folder where you saved **YOUR copy** of the Personalized Transition Plan.

YES, I have saved this file to my computer.



HELLO

- 1 This plan is about **you, the people that support you, and the future you want to live...**
- 2 This plan can also help **link you with resources** for your transition to adulthood, based on **your priorities.**



Types of links you will find in this document:



**CLICK TO REGISTER
FOR EVENTS**



**CLICK TO OPEN
A RESOURCE**



**CLICK TO VIEW
A WEBSITE**



**Click “Next”
for a tour**





SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN



TOUR

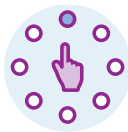
TOUR

How the Personalized Transition Plan Works



My Transition Plan is my own!

Personalize it! You can complete this plan **on your own** or **include your support person(s)** in creating it.



My Transition Plan is flexible!

It is divided into different **modules**. You can complete one or all of them, in any order, over time.



My Transition Plan has longevity.

It can grow with you well into adulthood.





SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



TOUR

There are different **SUPPORTS** to help you with your plan:



Self-directed

Complete parts of the plan at your own pace using tools provided.



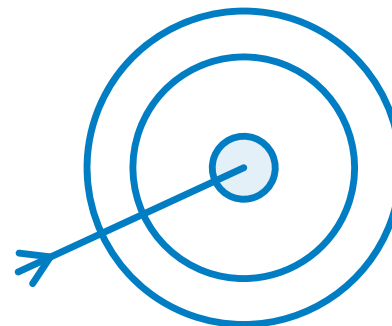
Holland Bloorview Transition Pop-Ups / Events

Group events to help “check things off your list”. [Sign up](#) online.



1:1 Meetings

Speak with your Holland Bloorview clinician about topics of interest during appointments, as applicable.





SETTINGS



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MY FUTURE VISION



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TRANSITION TOOLBOX



MY ACTION PLAN



TOUR



The information in this Personalized Transition Plan is relevant to **Ontario, Canada**.

The Personalized Transition Plan also links to programs, events and resources at **Holland Bloorview Kids Rehabilitation Hospital** in Toronto, Ontario, Canada.



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX

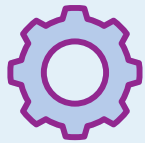


MY ACTION PLAN



TOUR

You can find the different modules in the **MAIN MENU**. They are:



SETTINGS

Accessibility settings



ABOUT ME

A summary celebrating you



MY FUTURE VISION

Where you see yourself (and your family) in the future



WISDOM FROM OTHERS

Learning from other youth and caregivers



TRANSITION TOOLBOX

Practical tools to help with your transition to adulthood



MY ACTION PLAN

Tracking priorities and tasks



SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN



TOUR

Holland Bloorview
Kids Rehabilitation Hospital



TOUR COMPLETE

Click “next” to go to the main menu and start your plan.



MAIN MENU



ABOUT ME



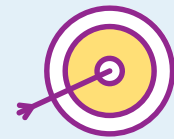
MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN

SETTINGS



Click here to explore accessibility settings





SETTINGS



ABOUT ME



MY FUTURE
VISION



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TOOLBOX



MY ACTION
PLAN

SETTINGS

The following accessibility tools and settings are available



Acrobat's Read Out Loud Tool

To turn on document dictation:

View Menu > Read Out Loud > Read This Page Only



Acrobat's Zoom Magnification Tool

For dynamic zoom (zoom in and out using scroll):

View Menu > Zoom > Dynamic Zoom

For marquee zoom (zoom in and out in increments):

View Menu > Zoom > Marquee Zoom



To Print a Copy

To open the Print dialog box:

File > Print **OR** Press: Ctrl + P



Windows PC Accessibility Tools

To start or stop Narrator:

Press Ctrl + Windows Logo Key + Enter

To turn on high contrast:

Press left Alt + left Shift + Print Screen

To turn on Magnifier and Zoom in:

Press Windows Logo Key + Plus sign (+)

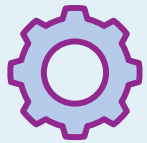


Extracting Text for Braille Reading

If you would like to extract the text from this document for embossing on a Braille printer:

File > Save as Text **OR** Press: Alt+F and then press V

MAIN MENU



SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN

Where might you want to explore next?





SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



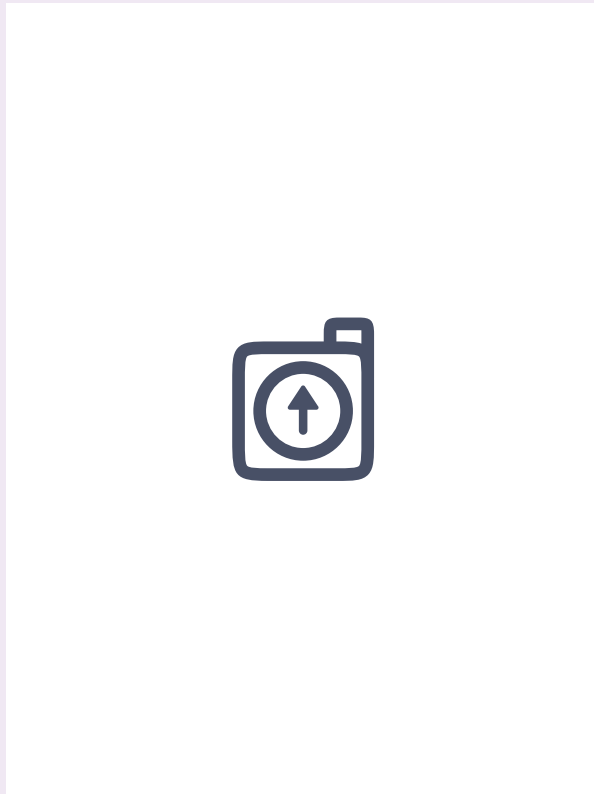
TRANSITION TOOLBOX



MY ACTION PLAN

ABOUT ME

Names and Faces

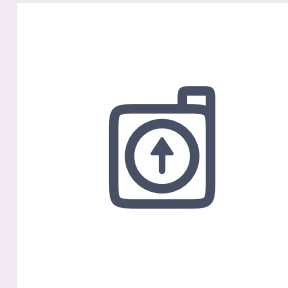
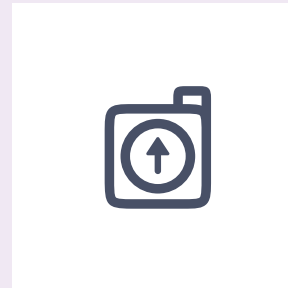
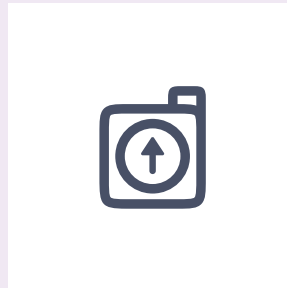


Hi!
My name is

Pronouns:



People Who Support Me



Name and Role

Name and Role

Name and Role



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

ABOUT ME

The Basics



Name

Likes/loves

Pronouns

Birthday

Age





SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN

ABOUT ME

My Voice

Preferred Language

Contact

My Communication Preferences

My Picture





SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

ABOUT ME

My People



Important **PEOPLE** in my life right now are:

[Empty box for person details]

[Empty box for person details]

[Empty box for person details]

[Empty box for person details]

Name and Role
[Name]

[Role]

About Us
[Additional details]

Name and Role
[Name]

[Role]

About Us
[Additional details]

Name and Role
[Name]

[Role]

About Us
[Additional details]

Name and Role
[Name]

[Role]

About Us
[Additional details]





SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



Name and Role
[Name]

[Role]

About Us

[Additional details]

Name and Role
[Name]

[Role]

About Us

[Additional details]

Name and Role
[Name]

[Role]

About Us

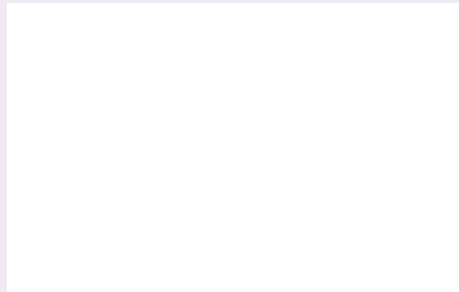
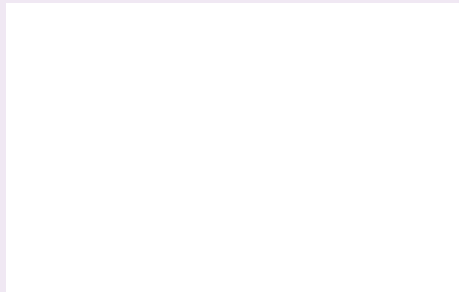
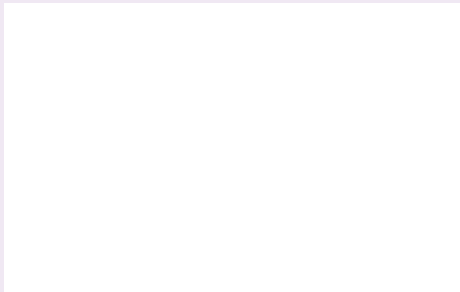
[Additional details]

Name and Role
[Name]

[Role]

About Us

[Additional details]



Name and Role
[Name]

[Role]

About Us

[Additional details]

Name and Role
[Name]

[Role]

About Us

[Additional details]

Name and Role
[Name]

[Role]

About Us

[Additional details]



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



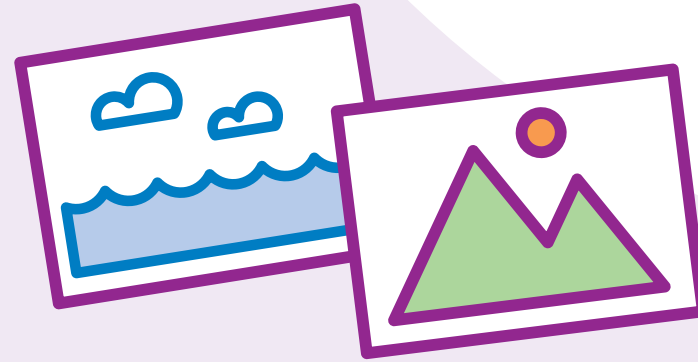
TRANSITION TOOLBOX



MY ACTION PLAN

ABOUT ME

My Places



Important **PLACES** in my life right now are:

Name of Place
[Name of Place]

About
[Additional details]

Name of Place
[Name of Place]

About
[Additional details]

Name of Place
[Name of Place]

About
[Additional details]

Name of Place
[Name of Place]

About
[Additional details]



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

ABOUT ME

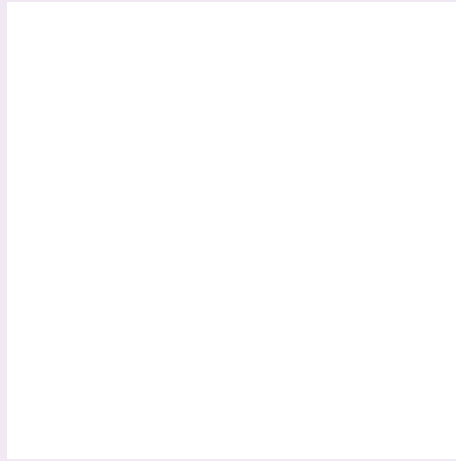
My Things



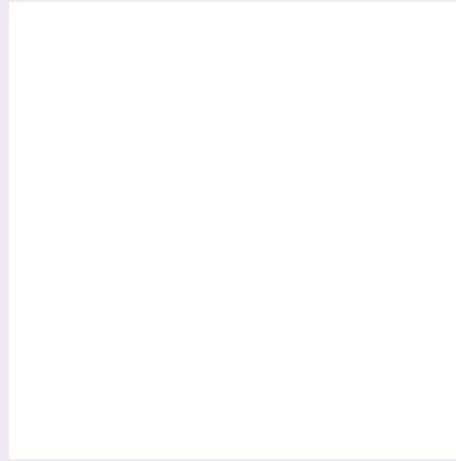
A place to upload documents you are proud to share e.g. artwork, photos, certificates, collections, keepsakes.



About
[Description]



About
[Description]



About
[Description]



About
[Description]



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

ABOUT ME

My Values



For ideas, check out this list of sample [values](#).

My values

About
[Description]

About
[Description]



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



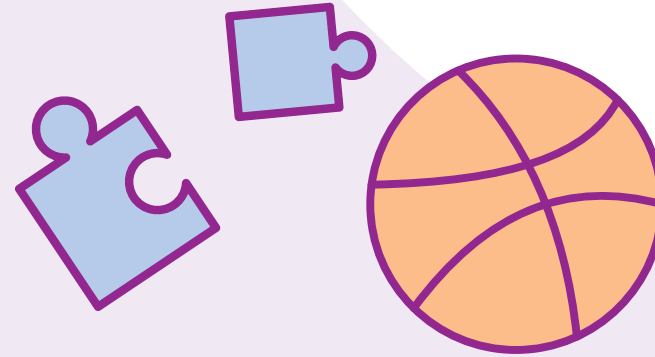
TRANSITION TOOLBOX



MY ACTION PLAN

ABOUT ME

My Strengths



My strengths

Things that make me unique





SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX

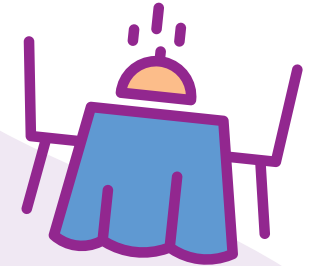


MY ACTION
PLAN

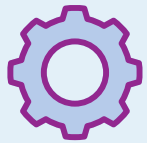
ABOUT ME

What I Love Doing

--	--



MAIN MENU



SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
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TRANSITION
TOOLBOX



MY ACTION
PLAN

Where might you want to explore next?





SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

MY FUTURE VISION

Future Vision



When thinking about future life in young adulthood and beyond, my/our best hopes are...

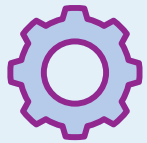
Empty text box for writing future vision.

Empty text box for writing future vision, containing an upload icon.



“Looking for some examples?
[Try the Wisdom from Others](#) section...”

MAIN MENU



SETTINGS



ABOUT ME



MY FUTURE
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Where might you want to explore next?



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PLAN

WISDOM FROM OTHERS

Click here to visit the
Holland Bloorview
website for content
and videos

GET STARTED





SETTINGS



ABOUT ME



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FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN

WISDOM FROM OTHERS

My Reflections

Out of curiosity...

What from these videos stood out the most for you?

What might apply to your own transition to adulthood?

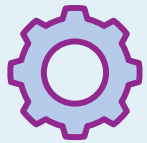


See the [Transition Toolbox](#) for tools that might apply to your own transition to adulthood plan.



Congratulations
on taking time to
learn from others
and reflect!

MAIN MENU



SETTINGS



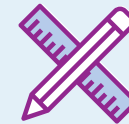
ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN

Where might you want to explore next?





SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS

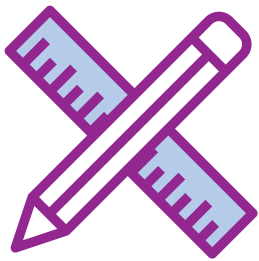


TRANSITION
TOOLBOX




MY ACTION
PLAN

HOW TO USE THE TRANSITION TOOLBOX:



TRANSITION TOOLBOX

- Check off “I’m Interested” if you are interested in reviewing the tool
-  Click “Go to Tool” to open the corresponding tool to work on it

Note: You will need to click “Go To Tool” each time you want to see or work on that tool again



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

TOOLS

Select the tools you want to use below. Choose tools that apply to you.

= I'm interested = Go to Tool



A Place to Begin

- Have you ever?
 - Reminder: My future vision
 - One step at a time



Feelings: Transition to adulthood

- How I'm feeling
 - How others can support me
- Other



Organizational Tools

- My transition timeline
- My calendar
- Optimizing Technology
- Other



Medical Transition and Care

- Adult Primary Care
- Adult Dentists
- My medications
- My Health Passport
- 3 sentence summary
- What is adult healthcare like?
- Organizing my medical records
- My healthcare providers
- Healthcare visit logs
- Other



Mental Health & Wellness

- Feelings about transitions
- Self-care
- Care for the caregiver
- Healthy lifestyle choices
- Mental health resources
- Other

More Tools →



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

TOOLS

Select the tools you want to use below. Choose tools that apply to you.

= I'm interested = Go to Tool



My Activities

- Planning to finish high school
- Participation options after high school
 - But first, who am I?
 - Continuing education programs
 - Day programs
 - Recreation and leisure
 - Social activities
 - Volunteer and work programs
 - Civic engagement
- Transportation and travel
- Personal safety
- Activity finders
- My daily schedule
- Other



Funding & Benefits

- Adult disability funding in Ontario
 - Ontario Disability Support Program
 - Developmental Services Ontario
 - Passport Funding
 - Registered Disability Savings Plans
 - Disability Tax Credit
 - Other funding sources
 - Scholarships
- Banking and Budgeting
- Other



Civic Engagement

- Government identification
- Signature with physical disabilities
- Voting accessibility
- Community Contribution
- Other

More Tools →



SETTINGS



ABOUT ME



MY FUTURE VISION



WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN

TOOLS

Select the tools you want to use below. Choose tools that apply to you.

= I'm interested = Go to Tool



Social & Relationships

- My social activities
- Circle of support
- Friendships
- Intimate relationships
- Relationship safety
- Sexual health
- Peer support and mentorship
- Parenting with a disability
- Other



Legal Considerations

- Transition legal considerations
 - Legal Resources for transition to adulthood
- Other



Home & Living Space

- Living options
- My plan
- Other



Personal Care Supports

- My personal care needs
- My services
- Respite options
- My equipment
- Other



Planning for a Safe & Secure Future

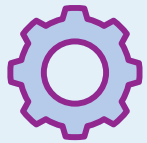
- My resources
- Other



Other

- Personal additions

MAIN MENU



SETTINGS



ABOUT ME



MY FUTURE
VISION



WISDOM
FROM OTHERS



TRANSITION
TOOLBOX



MY ACTION
PLAN

Where might you want to explore next?





SETTINGS



ABOUT ME



MY FUTURE VISION



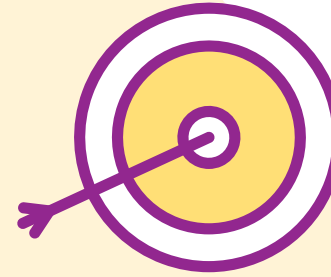
WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



MY ACTION PLAN

Priority	Goal	Added to My Calendar?	Status
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done



SETTINGS



ABOUT ME



MY FUTURE VISION



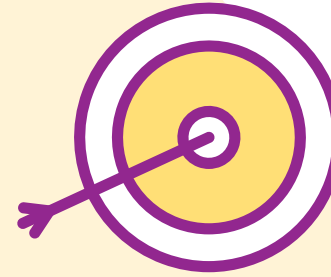
WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



MY ACTION PLAN

Priority	Goal	Added to My Calendar?	Status
		Yes No N/A	Not started yet Working on it Other Done
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SETTINGS



ABOUT ME



MY FUTURE VISION



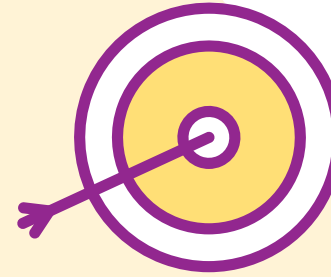
WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



MY ACTION PLAN

Priority	Goal	Added to My Calendar?	Status
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
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SETTINGS



ABOUT ME



MY FUTURE VISION



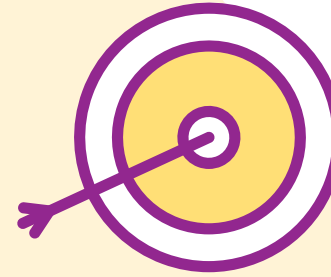
WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



MY ACTION PLAN

Priority	Goal	Added to My Calendar?	Status
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done



SETTINGS



ABOUT ME



MY FUTURE VISION



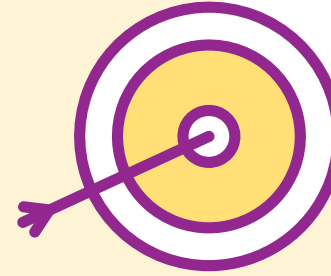
WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



MY ACTION PLAN

Priority	Goal	Added to My Calendar?	Status
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
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SETTINGS



ABOUT ME



MY FUTURE VISION



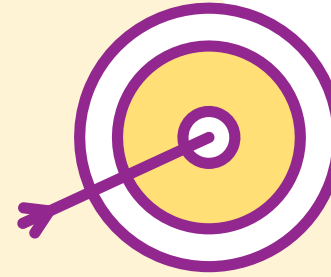
WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



MY ACTION PLAN

Priority	Goal	Added to My Calendar?	Status
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done



SETTINGS



ABOUT ME



MY FUTURE VISION



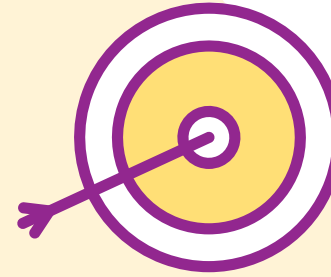
WISDOM FROM OTHERS



TRANSITION TOOLBOX



MY ACTION PLAN



MY ACTION PLAN

Priority	Goal	Added to My Calendar?	Status
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done
		Yes No N/A	Not started yet Working on it Other Done



A PLACE TO BEGIN | Have You Ever?

Have you ever been in this type of situation?



If so, you are not alone.



A PLACE TO BEGIN | Have You Ever?

This can be a big question that leads to others...



You will find your answers, over time

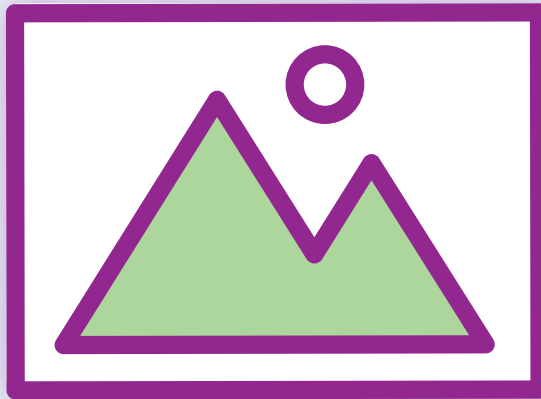




A PLACE TO BEGIN | Reminder – My Future Vision

REMEMBER!

My future vision is my guide.



If you would like a reminder of your future vision, you can look at My Personalized Transition Plan – “My Future Vision”.





A PLACE TO BEGIN | One Step at a Time

Date

On a scale of 1-10, where:

10 = my future vision is in place, and **1** = the opposite...



1. Where are you today?



Future vision in place ←————→ The opposite

2. What makes it that number today?

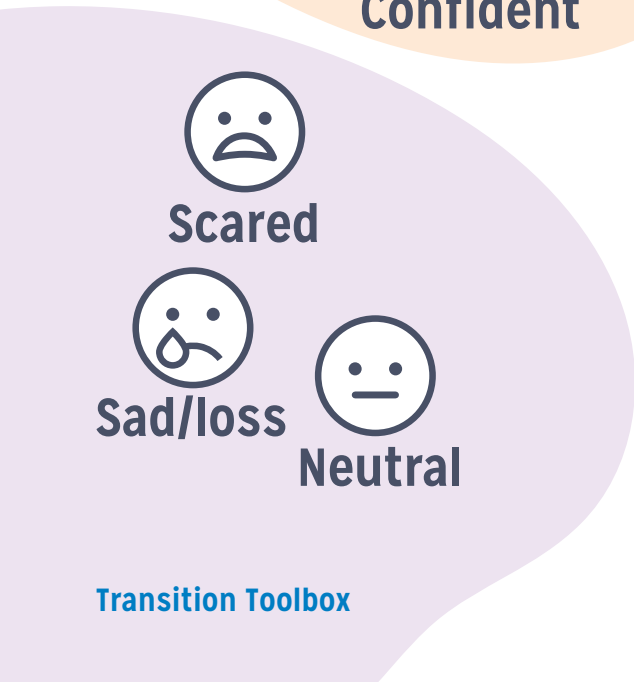
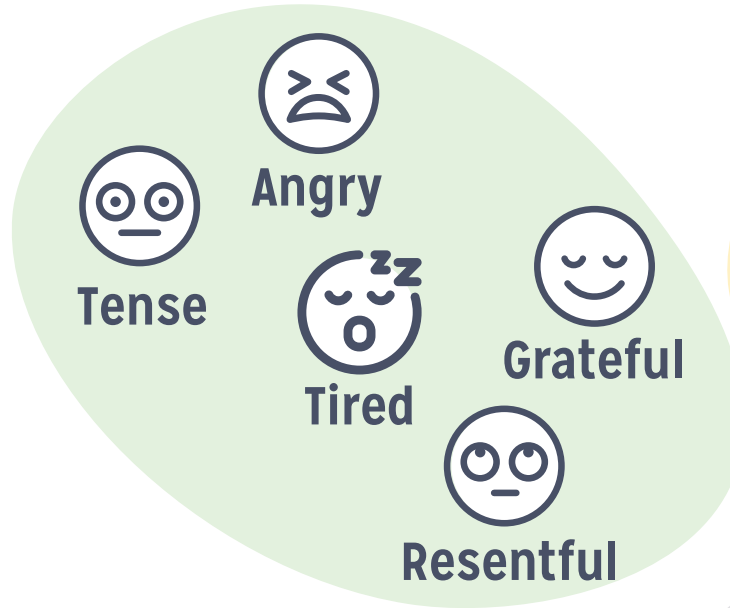
4. What is the next small step you need to take towards this?

3. Let's suppose that you are 1 number higher on the scale, what will be different?



FEELINGS | Feelings Are a Part of This!

Although it's not always talked about, feelings often play a big part in the transition to adulthood. People can have *lots* of feelings, even *mixed* feelings, about it.





FEELINGS | How I'm Feeling

Having different feelings about the transition to adulthood is a natural part of the process. Having a safe place to express your feelings is also important:



How I and others around me feel about the transition to adulthood.

My plan to address my feelings about the transition to adulthood is:

I can talk about my feelings with...



Looking for young adult mental health services? Check out this Tip Sheet: [Mental Health Resources for Young Adults with Disabilities](#)

NEED HELP RIGHT NOW?

Call Kids Help Phone at **1-800-668-6868**, text **CONNECT** to **686868** or go to kidshelpphone.ca to talk to someone 24/7.





FEELINGS | How Others Can Support Me

Communicating your hopes and support needs to others is one way to help seek and maintain a supportive environment.

How other people can best support me during my transition to adulthood:

My plan for letting them know:

(Other people might include family, friends, acquaintances, healthcare providers, school staff, coaches, mentors, community members etc.)



Looking for young adult mental health services?
Check out this Tip Sheet: [Mental Health Resources for Young Adults with Disabilities](#)



NEED HELP RIGHT NOW?

Call Kids Help Phone at
1-800-668-6868,
text **CONNECT** to **686868** or
go to kidshelpphone.ca
to talk to someone 24/7.



FEELINGS | Other



A place to add other information or upload documents related to your feelings about the transition to adulthood.

Other things about my feelings:

Upload a photo or document:



ORGANIZATIONAL TOOLS | My Transition Timeline



Click on [this link](#) to download and customize your timeline with key milestones for your transition to adulthood.

Upload the latest version of your timeline here:

Empty white box for uploading the timeline.



Transition Toolbox

Looking for help with your transition timeline? Sign up for the [Transition Pop-Up: Work on My Personalized Transition Plan](#)





ORGANIZATIONAL TOOLS | My Calendar

Staying organized is important!

Entering reminders, events, appointments, and other information related to your transition to adulthood in your calendar can help keep you on track and and celebrate each accomplishment. As applicable, we encourage youth to start entering information in their own calendars for practice as young as possible.



I plan to record time sensitive information in my:

- phone calendar
- tablet calendar
- computer calendar
- agenda / daytimer

- paper calendar
- online calendar
- other:



When you see this symbol in your personalized transition plan, remember to add the corresponding task to your personal calendar



ORGANIZATIONAL TOOLS | Optimizing Technology

Youth and caregivers can use technology to help them stay organized with the transition to adulthood.



Are you a person with a disability who wants to become more independent with your technology and its accessible features?

Sign up for the [Transition Pop-Up: Tech for Good](#)



ORGANIZATIONAL TOOLS | Other



A place to add other organizational tools that you find helpful for the transition to adulthood.

List other organizational tools here:

Upload a photo or document:



Tip Sheet: [Organizational Tools to Support the Transition to Adulthood](#)



MEDICAL TRANSITION | Adult Primary Care

It's important to secure primary care (a family doctor or nurse practitioner) for adulthood.

RESOURCES THAT CAN HELP

1

Practical events to help *get it done!*



TRANSITION
POP-UP:

[Sign up](#) for the
Transitions Pop-
Up: **Connect
with Primary
Care**

2

Tip Sheet:
[Finding a Family
Doctor or Nurse
Practitioner
for Adulthood](#)



3

Tip Sheet:
[LGBTQ2S+
Welcoming
Services and
Spaces for Adults
with Disabilities](#)





MEDICAL TRANSITION | Adult Dentists

It's important to have regular dental appointments for your health and wellbeing. Some adults with disabilities benefit from specialized dental care for physical, medical, or cognitive considerations.

RESOURCES THAT CAN HELP

Tip Sheet:
[Dental Care for Adults
with Disabilities](#)





MEDICAL TRANSITION | My Medications

Keep an updated list or upload a current list of your medications here.

Upload a list of your current medications:

Or list your medications here:



Have questions about your medications?

Speak with your medical team, pharmacist and/or check out this

[5 Questions to Ask About My Medicines list.](#)





MEDICAL TRANSITION | My Health Passport

Consider making a short medical summary using Sick Kid's My Health Passport online program.

Upload your most recent version here:



[My Health Passport](#)



Sick Kids Good 2 Go Transition Program - MyHealth Passport

Congenital Heart Disease

This is where you put in your health information. Much of it you will know and the rest you can ask your doctor. If you are not sure, you can skip to the next section. There is no need to enter "none" or "na," unless you want the section. If you are not sure, you can skip to the next section. At the end, there is a place you can put in anything that you would want an adult health care provider to know.

Name: _____
Date of birth: _____
Congenital heart diagnosis: _____

Important Medical History:

- I have abnormal blood flow to my right arm
- I have abnormal blood flow to my left arm
- I have persistent right to left shunt
- I have had heart rhythm problems
- I have a high risk of stroke

If you have had one stroke, please enter when and what part of your brain: _____
 If you have had more than one strokes, please enter when and what part of your brain, separate each stroke with a semicolon: _____
 If you have had endocarditis, enter details: _____

If you have had a heart rhythm problem what was the diagnosis and when was it diagnosed: _____

Other current medical problems: _____



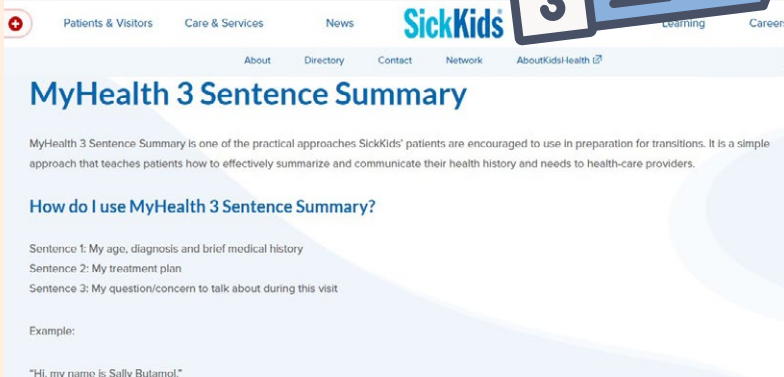
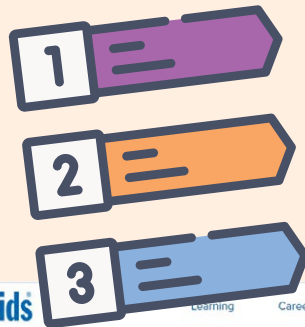
MEDICAL TRANSITION | 3 Sentence Summary

Consider making and uploading a **“3 sentence summary”**. This short description of your medical history and needs. It can help you communicate with new healthcare providers.

Upload your 3 sentence summary here:



[3 Sentence Summary](#)





MEDICAL TRANSITION | What is Adult Healthcare Like?



Looking for info? Consider reviewing the Tip Sheet: [Preparing to Transition to Adult Medical Appointments](#)



Reflections:

One step I will take to feel even a bit more ready for adult healthcare:

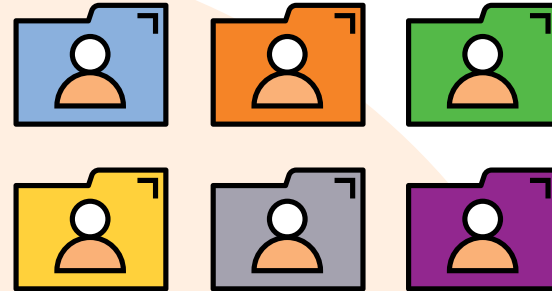
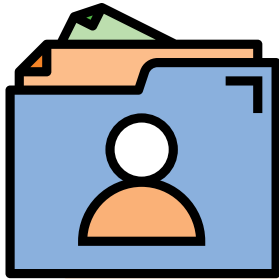


Looking for help with finding adult primary care? Sign up for the [Transition Pop-Up: Connecting with Primary Care](#)





MEDICAL TRANSITION | Organizing My Medical Records



During childhood, your medical services and records (files) are likely to be organized in a single or few main places.

In adulthood, your medical services and records (files) will likely be spread across many different places.

It can be helpful have organized copies of important documents readily available to help you communicate across your medical providers.

Click 'Next' to learn more! →



MEDICAL TRANSITION | Organizing My Medical Records



People access and organize their medical papers in different ways. These resources can help...

1



Tip Sheet:
[Organize my Health Information](#)

2

Practical events to help *get it done!*



TRANSITION POP-UP:

[Sign up](#) for the Transition Pop-Up: Organize my Health Information





MEDICAL TRANSITION | My Healthcare Providers

A place to keep track of your healthcare providers during the transition from children's to adult healthcare.

Speak with your healthcare professionals to see if referral(s) to adult providers are needed, when they will happen, and who will make them.

Type of Professional:	Children's Provider	Adult Provider (if applicable)
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:



MEDICAL TRANSITION | My Healthcare Providers

Type of Professional:	Children's Provider	Adult Provider
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:



MEDICAL TRANSITION | My Healthcare Providers

Type of Professional:	Children's Provider	Adult Provider
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:





MEDICAL TRANSITION | Healthcare Visit Logs

A place to keep track of appointments as you transition from children's to adult healthcare.


Date/Type	Summary	Next Steps
Provider:		
Date:		
Time:		
Location:		
Purpose:		
Provider:		
Date:		
Time:		
Location:		
Purpose:		



Looking for more detailed summary sheets instead?
Try Surrey Place's [My Healthcare Visit Logs](#) (Website).




MEDICAL TRANSITION | Healthcare Visit Logs

Date/Type	Summary	Next Steps
Provider:		
Date:		
Time:		
Location:		
Purpose:		
Provider:		
Date:		
Time:		
Location:		
Purpose:		
Provider:		
Date:		
Time:		
Location:		
Purpose:		






MEDICAL TRANSITION | Healthcare Visit Logs

Date/Type	Summary	Next Steps
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		





MEDICAL TRANSITION | Healthcare Visit Logs

Date/Type	Summary	Next Steps
Provider:		
Date:		
Time:		
Location:		
Purpose:		
Provider:		
Date:		
Time:		
Location:		
Purpose:		
Provider:		
Date:		
Time:		
Location:		
Purpose:		




MEDICAL TRANSITION | Healthcare Visit Logs

Date/Type	Summary	Next Steps
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		



MEDICAL TRANSITION | Healthcare Visit Logs

Date/Type	Summary	Next Steps
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		
Provider:		 ADD TO MY ACTION PLAN
Date:		
Time:		
Location:		
Purpose:		





MEDICAL TRANSITION | Other



A place to add other information or upload documents related to the transition to adult medical services.

Other information:


Upload a photo or document:



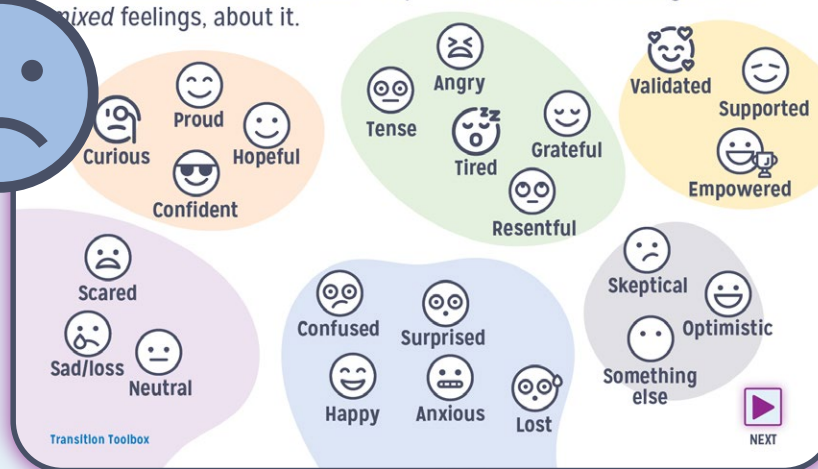
MENTAL HEALTH | Feelings About Transitions

It is natural for people to experience a range of feelings during life transitions. **Click below** to explore your feelings about the transition to adulthood.



 **FEELINGS** | Feelings Are a Part of This!

Although it's not always talked about, feelings often play a big part in the transition to adulthood. People can have *lots* of feelings, even *mixed* feelings, about it.

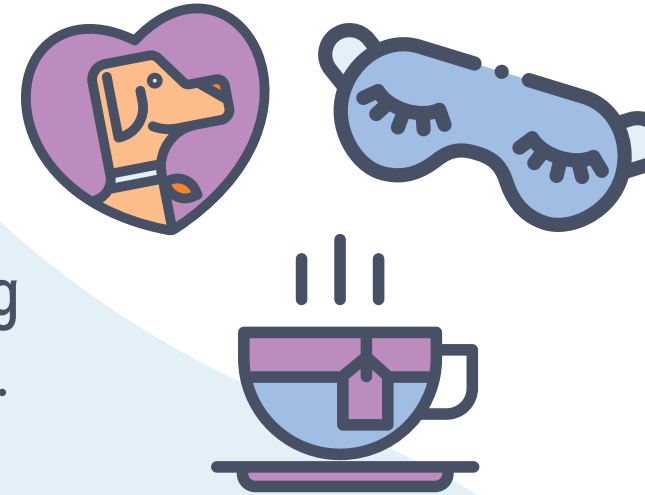


Transition Toolbox ▶ NEXT



MENTAL HEALTH | Self-Care

Self-care helps you “recharge your batteries”.
Self-care is important for health and wellbeing during the transition to adulthood and throughout adult life.



MY SELF-CARE

Strategies I use now:

New strategies I want to try:

Upload a photo or document:



Check out this [Self-Care Checklist](#)
from Kids Help Phone

One small step I can take to enhance my self-care:





MENTAL HEALTH | Care for the Caregiver

It is important that parents, siblings and others who help care for adults with disabilities also take care of themselves, for everyone's wellbeing.



MY CARE FOR THE CAREGIVER STRATEGIES

Strategies I use now:

New strategies I want to try:

Upload a photo or document:



Looking for ideas? Check out Holland Bloorview's [Care for the Caregiver](#).

One small step I can take to enhance my self-care:





MENTAL HEALTH | Healthy Lifestyle Choices



It's important for young adults to have accurate information and support when making informed decisions about potential substance use and risk-taking.

1

Ask your healthcare provider



Ask how your **specific disability or medications** could be impacted by **substance use** or other risk taking behaviours

2

Transitions Pop-Up



TRANSITION POP-UP:
[Sign up](#) for the **CHOICES Program** for practical support

3

Online resource

Check out this **online workbook** for youth



heretohelp
Mental health and substance use
information you can trust

One small step I can take for my healthy lifestyle choices:





MENTAL HEALTH | Mental Health Resources

A place to summarize your mental health services and supports:

Type of Professional:	Children's Provider	Adult Provider
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:
Type:	Name: Contact:	Name: Contact:



Looking for adult mental health services? click here for a Tip Sheet about [Mental Health Resources for Young Adults with Disabilities.](#)





MENTAL HEALTH | Other



A place to add other information or upload documents related to your mental health and wellness.

Mental health and wellness notes:

Upload a photo or document:



MY ACTIVITIES | Planning to Finish High School

School is a large part of many children's lives. A range of feelings may come up when thinking about life after high school.

How I'm feeling about finishing high school:



A large, empty white rectangular area intended for writing or drawing responses to the question 'How I'm feeling about finishing high school:'.





MY ACTIVITIES | Planning to Finish High School

Being organized, having support and taking things step-by-step can help.



Name:

Board:

My School

People helping me plan for finishing high school are:

Name:	Name:	Name:	Name:
Role:	Role:	Role:	Role:



MY ACTIVITIES | Planning to Finish High School

MY PLAN

I plan to finish high school at:

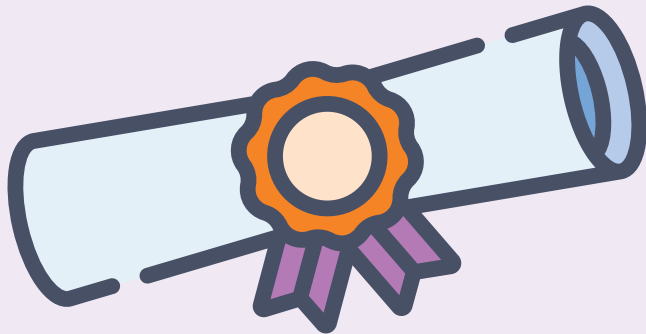
Age 21 (Students with disabilities can attend high school in Ontario until age 21)

Age 16 (Students must attend high school in Ontario until at least age 16)

After grade 12 (There are 12 grades within Ontario schools)

Unsure

Other



I will complete high school with:

Ontario Secondary School Certificate (OSSC)

(A certificate for Ontario students completing high school without a diploma who have earned 14 credits, including 7 compulsory credits. More information is available [here](#))

Ontario Secondary School Diploma (OSSD)

(Granted to Ontario students who meet all diploma requirements outlined [here](#))

A certificate of accomplishment

(A certificate to celebrate accomplishments for Ontario students)

Other:

Unsure (I will ask my school)



Need more info? Check out this [website](#) to learn what is needed to complete your high school diploma



MY ACTIVITIES | Planning to Finish High School



Copies of my current school records (optional):

Individual Education
Plan (IEP)

Identification, Placement
and Review Committee (IPRC)
Statement of Decision

Report card or
transcript

Summary of recommendations
from psychoeducational
assessment*

*Note: we do not recommend uploading
your full confidential psychoeducational
assessment report here



For help with this task,
check out this [glossary of
special education terms](#)





MY ACTIVITIES | But First, Who am I?

Youth with disabilities and/or their families often feel pressure have an exact plan or full schedule of activities for once high school ends. This can be for practical reasons (e.g. program guidelines, funding, care needs). However, this can also be influenced by [ableism](#), societal pressures, or other factors outside of the individual or family.



This pressure may contribute to youth with disabilities feeling rushed to figure out “exactly what they want to do as an adult” before high school ends. Or, for some adults with disabilities, to get slotted into a full schedule of “disability-related activities”, for the sake of having a full schedule.

Click “Next”
to learn more →



MY ACTIVITIES | But First, Who am I?



We advocate for a balanced approach to planning activities for after high school. This approach leads with the person's life roles, values and strengths. It also incorporates practicalities.



MY ACTIVITIES | But First, Who am I?



Let's pause..

- It's okay to not “have it all figured out” right now.
- It's okay to plan for life after high school one small step at a time.
- It's expected that a person's life roles and activities will continue to evolve over time as their goals, preferences and situation change.



Click “Next” to start exploring your life roles and begin planning your activities





MY ACTIVITIES | But First, Who am I?

1

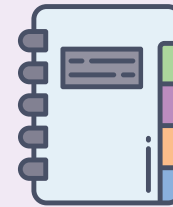
Explore your life roles



Tip Sheet: [But First, Who Am I? My Life Roles](#)

2

Start planning your activities





MY ACTIVITIES | But First, Who am I?

Exploring My Life Roles and Planning My Activities

My Life Roles	Activities I do Now (While I'm Still in High School)	Activities I Want to Add In (For After High School)
Current Future		
Current Future		
Current Future		
Current Future		
Current Future		
My notes:		



MY ACTIVITIES | But First, Who am I?

Exploring My Life Roles and Planning My Activities

My Life Roles	Activities I do Now (While I'm Still in High School)	Activities I Want to Add In (For After High School)
Current Future		
Current Future		
Current Future		
Current Future		
Current Future		
My notes:		



MY ACTIVITIES | Participation Options After High School

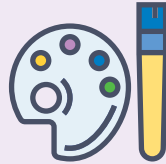
There are many types of activities that a person might participate in after high school, depending on their roles, interests, needs, and situation. Options might include:



Continuing Education

Credit or non-credit continued education programs for individuals with a range of learning goals and needs.

I want to learn more
Unsure
Not for me



Life Skill or Day Programs

Group programs, often for people with intellectual disabilities or complex care needs that may include social, recreational, life skill and other activities.

I want to learn more
Unsure
Not for me



Recreation and Leisure

Activities done during free time that promote physical, mental, emotional, social, and/or spiritual wellbeing. These can be at home, in the community, alone or with others. Activities can be informal or formally planned.

I want to learn more
Unsure
Not for me



Social Activities

Activities involving interaction and belonging with others. Can include various people e.g. family, acquaintances, colleagues, friends, community members or others.

I want to learn more
Unsure
Not for me



Volunteer or Work

Pre-vocational training programs, community engagement, co-ops, supported employment, volunteer and/or paid employment positions.

I want to learn more
Unsure
Not for me



Civic Engagement

Engaging in valued roles in the community through formal or informal activities. Activities can be in groups or individual.

I want to learn more
Unsure
Not for me











MY ACTIVITIES | Options – Continuing Education



Options for continued learning...

After high school, I am interested in:

Type of Program	Available Resources
<p>Day Programs with a learning focus Group programs for individuals with intellectual disabilities that include learning activities in addition to social and recreational activities.</p> <p>Prerequisites: N/A</p>	<ul style="list-style-type: none">  Transition Pop-Up: Finding Day Programs  Transition Pop-Up: Life After High School  Transition Pop-Up: Connect with Developmental Services Ontario  Tip Sheet: Respite & Day Programs for Adults with Disabilities  Tip Sheet: Exploring Alternative Learning Activities for Life After High School
<p>Life Skill Programs Individual or group programs to learn adaptive skills for living healthy and productive lives e.g. chores, shopping, budgeting, banking, taking transit.</p> <p>Prerequisites: N/A</p>	<ul style="list-style-type: none">  Transition Pop-Up: Connect with March of Dime’s LIFE Program  Transition Pop-Up: Finding Day Programs  Tip Sheet: Life Skills Resources for Young Adults with Disabilities











MY ACTIVITIES | Options – Continuing Education



Options for continued learning...

After high school, I am interested in:

Type of Program	Available Resources
<p>Alternative Adult Learning (non-credit) Structured programs, workshops or classes to learn literacy, numeracy or specific skills. Participants engage for the enjoyment of learning rather than to earn credits.</p> <p> Prerequisites: Varies</p>	<p> Transition Pop-Up: Life After High School</p> <p> Tip Sheet: Exploring Alternative Learning Activities for Life After High School</p>
<p>Modified college programs Adapted programs at Ontario colleges for individuals with intellectual disabilities or other learning challenges. The focus is on having a college experience, learning new skills, and sometimes academic upgrading.</p> <p> Prerequisites: OSSC</p>	<p> Transition Pop-Up: Life After High School</p> <p> Tip Sheet: Exploring Alternative Learning Activities for Life After High School</p>





MY ACTIVITIES | Options – Continuing Education



Options for continued learning...

After high school, I am interested in:

Type of Program	Available Resources
<p> Trade apprenticeship program Formal on the job training and classroom learning that results in a skilled trade credential e.g. electrician, autobody repairer, cook, hair stylist.</p> <p> Prerequisites: OSSC, OSSD</p>	<p> Workshop: Post-Secondary Education and Career Series (join live or watch pre-recorded)</p> <p> Holland Bloorview Program: Holland Bloorview Youth Employment Programs</p> <p> Holland Bloorview Program: Post-Secondary Transition Service</p> <p> Website: Apprenticeship in Ontario Information</p>
<p>Traditional post-secondary education Formal education at a college or university that results in a certificate, diploma or degree.</p> <p> Prerequisites: OSSD</p>	<p> Workshop: Post-Secondary Education and Career Series (join live or watch pre-recorded)</p> <p> Holland Bloorview Program: Post-Secondary Transition Service</p> <p> Website: Transition Resource Guide for Students with Disabilities</p>





MY ACTIVITIES | Options - Continuing Education

Next Steps

My next steps for further exploring adult continuing education activities are:



A large white rectangular area intended for writing the user's next steps for exploring adult continuing education activities.





MY ACTIVITIES | Options - Day Programs



Day programs are structured group programs that people with intellectual disabilities or complex care needs can engage in during the day.

After high school, I am interested in:

Type of Day Program
Day Programs with a social focus E.g. discussion circles, communication, games, drama, special events.
Day programs with a recreation or leisure focus E.g. music, art, fitness, sports, gardening, relaxation, sensory activities, and more.
Day programs with a life skills development focus Group programs for individuals with intellectual disabilities that volunteer or work readiness components, in addition to social and recreational activities.
Day programs with a learning focus E.g. basic literacy, numeracy, computer skills, employment readiness.
Day programs with a community engagement focus E.g. outings, shopping, community projects, supported volunteering



Transition Pop-Up: [Finding Day Programs](#)



Transition Pop-Up: [Life After High School](#)



Transition Pop-Up: [Connect with Developmental Services Ontario \(DSO\)](#)



Tip Sheet: [Respite & Day Programs for Adults with Disabilities](#)



Tip Sheet: [Exploring Alternative Learning Activities for Life After High School](#)

My next steps for further exploring day programs are:

[Transition Toolbox](#)










MY ACTIVITIES | Options - Recreation & Leisure



Recreation and leisure participation during the transition to adulthood and in adult life is important for mental, physical and social wellbeing. **After high school, I am interested in:**

Type of Recreational or Leisure Program
Continuing with recreation and leisure activities that I already do and enjoy. List:
Bringing back recreation and leisure activities I've enjoyed in the past but haven't done in a while. List:
Trying new recreation and leisure activities I've never done before. List:

Looking for ideas?

-  Tip Sheet: [Recreation & Leisure for Young Adults with Disabilities](#)
-  Transition Pop-Up: ["Connect 4" Youth Social Programming](#)
-  Transition Pop-Up: [Leadership Programs and Summer Camps for Youth Transitioning to Adulthood](#)
-  Holland Bloorview Programs: [Adapted Recreation, Friendship and Belonging](#)
-  Holland Bloorview's Annual [Recreation, Respite and Life Skills Fair](#)





MY ACTIVITIES | Options - Recreation & Leisure

Next Steps

My next steps for further exploring recreation & leisure activities are:



A large white rectangular area intended for users to write their next steps for exploring recreation and leisure activities.





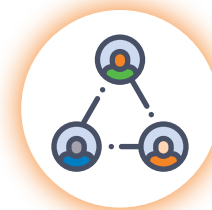
MY ACTIVITIES | Options - Social Activities

Young adults vary in the amount and type of social activities that they wish to engage in, or not.

There is no right or wrong. Social activities can be in-person, online or hybrid. They might involve family, friends, partners, acquaintances, neighbours, community members, school or workmates, people with shared interests, or others. What is most important is the fit between you (e.g. your values, interests, needs) and the type/amount of social activities, location and people involved.



If you want to explore this more, return to the **Transition Toolbox** and look at the Social and Relationships links.






MY ACTIVITIES | Options - Work or Volunteer



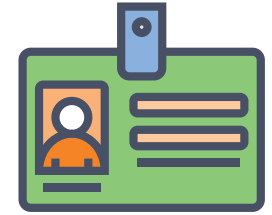
Options for work training, volunteer and paid work...

After high school, I am interested in:

Type of Program	Pre-requisites	Available Resources
Holland Bloorview Employment Participation Programs Consultation, coaching, co-op placement, supported volunteering, groups and experiential employment programs for youth still in high school.	Info and Application Session	 Information and Application Session
Community Employment Training Programs Supports vary by programming but may include consultation, pre-employment skill training, placements and experiential learning, job coaching, and other elements.	Varies	 Handout for Job Seekers
Day Programs with a Volunteer or Work Readiness Component Group programs for individuals with intellectual disabilities that volunteer or work readiness components, in addition to social and recreational activities.	N/A	 Tip Sheet: Exploring Alternative Learning Activities for Life After High School



MY ACTIVITIES | Options - Work or Volunteer



Options for work training, volunteer and paid work...

After high school, I am interested in:

Type of Program	Pre-requisites	Available Resources
<p>Job Fairs and Job Matching for People with Disabilities Job fairs and online job listing/matching for people with disabilities in Canada.</p>	Varies	<ul style="list-style-type: none">  ALiGN: Combines Magnet’s matching technology with a personality assessment to create fit-based matches  Magnet: A free online platform that matches jobs seekers with opportunities  Specialisterne - Connects employers with neurodiverse employees  Spectrum Works - Job fair for people on the autism spectrum
<p>Online Learning Modules about Disability and Work Modules about how disability intersects with work from the College Libraries of Ontario learning portal</p>	N/A	<ul style="list-style-type: none">  College Libraries of Ontario Learning Module on Disability and Work
Other	N/A	



MY ACTIVITIES | Options - Work or Volunteer

Next Steps

My next steps for further exploring work training, volunteer or paid work opportunities are:



A large white rectangular area intended for users to write their next steps.





MY ACTIVITIES | Options - Civic Engagement

Every person has the right and strong potential to engage in valued roles in the community.

There are many creative ways to meaningfully participate, form authentic relationships and make valued contributions to society.

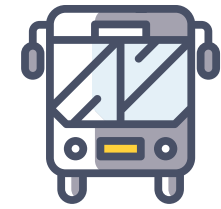


To learn more about different types of community contribution and plan ways to get involved, go to the **Transition Toolbox** and look at the Civic Engagement section.





MY ACTIVITIES | Transportation and Travel



It's important to have transportation methods that fit your needs in adulthood. Also, some adults enjoy traveling in their spare time.

New places I want to go in the future:	How I want to get there:

If applicable, my next steps for securing and using new transportation methods are:



Tip Sheet: [Public Transportation Resources for People with Disabilities](#)



Tip Sheet: [Travel Resources for People with Disabilities](#)





MY ACTIVITIES | Personal Safety



As you plan for your transition to adulthood, it is important to have strategies to help keep you safe when engaging in daily activities at home, online and/or in the community.

Safety strategies
I use now:

New safety strategies
I want to add into my
daily life:

Steps I will take to put new
personal safety strategies
in place:



Looking for more information? Check out this [Safety Resources for Adults with Disabilities tip sheet](#)





MY ACTIVITIES | Activity Finders

Where can I search for activities to do in adulthood?

1



Check out this handout for activity databases
Tip Sheet: [Searching For and Choosing Community Activities.](#)

2



Sign up for **[Transition Pop-Up](#)** events for information and connection to community programs for adults

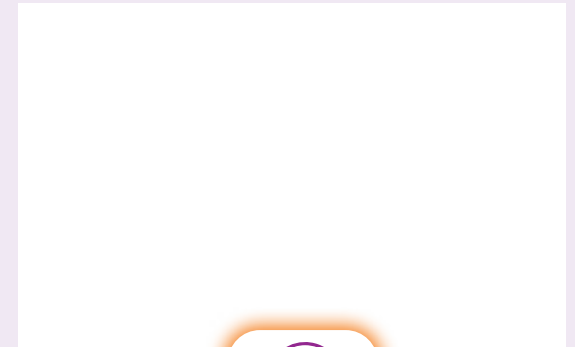
3



Explore tools on [continuing education](#), [day programs](#), [recreation and leisure](#), [social activities](#), [volunteer and work](#), [civic engagement](#)



My plan for finding and registering for new activities:





MY ACTIVITIES | Schedule

Adults often find it helpful to keep a schedule of daily activities.

Ideas include a smartphone calendar, agenda or visual schedule.

Upload or paste a link to your daily schedule here:



For sample daily schedules, check out this [Tip Sheet: My Life Roles](#)





MY ACTIVITIES | Other

A place to add other information or upload documents related to your daily activities in adulthood.

Additional notes about my activities:

Upload a photo or document:



FUNDING & BENEFITS | Adult Funding Overview

In Ontario, children's funding generally ends before or at age 18. Adult funding from the government generally starts at or after age 18, depending on when applications are submitted.



WANT TO LEARN MORE?



Tip Sheet: [Funding Overview for Adults with Disabilities](#)

If interested, return to the [Transition Toolbox](#) for help with applying to each funding source.

Click 'Transition Toolbox' to learn more! →



FUNDING & BENEFITS | ODSP

Consider applying to the Ontario Disability Support Program (ODSP)

Upload any applicable ODSP documents:

WHO

Ontarians with disabilities 18+

WHAT

ODSP is a source of basic income, health and dental benefits

WHEN

Start applying at 17.5 years

HOW

Options to help...



Transition Pop-Up:

Connect with the [Ontario Disability Support Program](#)



Self-directed

Follow this ODSP application [TIP sheet](#) and [apply online](#)



My ODSP file number is:

My ODSP caseworker is:

My local ODSP office is:



<http://www.officelocator.mcass.gov.on.ca/>





FUNDING & BENEFITS | DSO

Consider applying to Developmental Services Ontario (DSO)

WHO

Ontarians with intellectual/developmental disabilities 18+

WHAT

DSO is the main access point for government funded adult developmental services.

WHEN

Request eligibility review at **16 years**

HOW

Options to help...



Transition Pop-Up:

[Connect with Developmental Services Ontario](#)

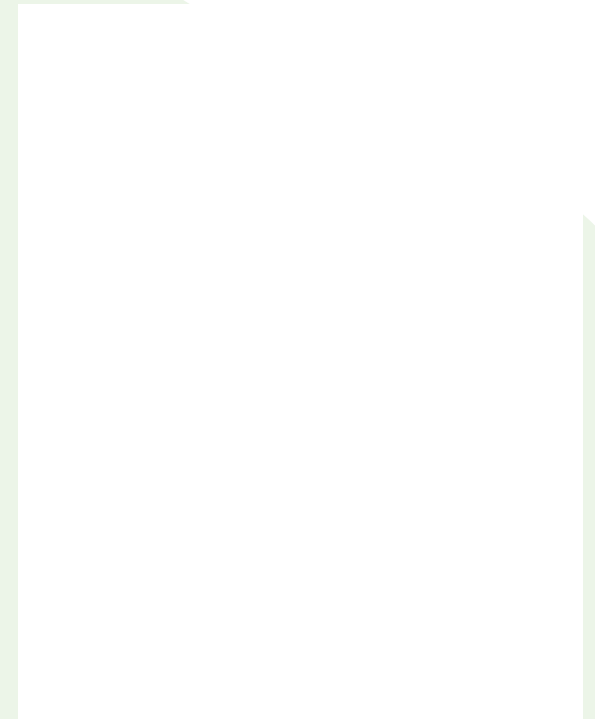


Self-directed

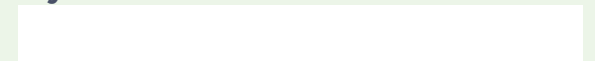
Follow this DSO application [Tip sheet](#) and apply by email or phone



Upload your DSO eligibility letter here:



My DSO file number is:



My local ODSP office is:



<https://www.dsontario.ca/find-your-dso>



FUNDING & BENEFITS | Passport Funding



If you are eligible for Developmental Services Ontario (DSO), you are eligible for the Passport Program.



Passport funding can be used to buy supports to help an adult engage in their daily activities and community.

Upload your Passport spending plan here:

This includes:

- Community participation
- Day programs
- Caregiver respite
- Person-directed planning.

As of 2022, the base rate for Passport Funding is:
\$5000 per year

REMINDER! You must **contact DSO once your child turns 18 years to REQUEST** passport funding.

It is **NOT automatically** given.





FUNDING & BENEFITS | RDSP



Consider creating a Registered Disability Savings Plan

WHO

Canadians with disabilities, their parents/ guardians

WHAT

A savings plan to help save money for the longer-term security of people with disabilities.

WHEN

Start any time

HOW

Options to help...



Transitions Pop-Up

[Legal Considerations Legal Considerations for the Transition to Adulthood](#)



Self-directed

1. [Government of Canada website](#)
2. [The P4P Network Guide](#)





FUNDING & BENEFITS | Disability Tax Credit



Consider creating a Registered Education Savings Plan

WHO

Canadians with a “severe and prolonged impairment” (as defined by the government)

WHAT

A non-refundable tax credit for people with a “severe and prolonged impairment”

WHEN

Start any time

HOW

Options to help...



[Government of Canada Disability Tax Credit \(DTC\)](#)



[P4P Planning Network's Disability Tax Credit Information](#)





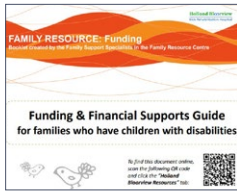
FUNDING & BENEFITS | Other Funding Sources

Consider other funding you may be eligible for.

You may be eligible for additional funding from the government or other sources.

Upload copies of other funding applications here

CONSIDER EXPLORING:



Holland Bloorview's Funding & Financial Supports [Guide](#)



Toronto's Financial Support [Webpage](#) or call [211 Ontario](#) to ask about your local community



Ontario's Taxes and Benefits [Webpage](#)



Other funding sources I plan to apply for:





FUNDING & BENEFITS | Scholarships



WHO

Students attending post-secondary school (e.g. trades, colleges, or universities)

WHAT

Money awarded to applicants to help pay for post-secondary costs based on specific criteria e.g. academic standing, skills, personal attributes, demographics, community contribution, financial need, or area of study

WHEN

Application dates vary per scholarship



HOW

Options to help...



Tip Sheet

[Tip Sheet Scholarships and Post-Secondary Funding for Students with Disabilities](#)



Webinar

Holland Bloorview Pre-Recorded Webinar: [Headed to College or University?](#)



Transitions Pop-up

Holland Bloorview Program: [Post-Secondary Transition Service](#)





FUNDING & BENEFITS | Banking and Budgeting

This page is for summarizing a general plan for banking and budgeting.

Do **not** upload sensitive or confidential personal finance information here.

Right now, I'm involved in banking or budgeting in the following ways:

In the future, I would like to be involved in banking and budgeting in the following ways:



My **next steps** for working towards my banking or budgeting plan:



Looking for resources? Check out this [Banking and Budgeting Resources for Adults with Disabilities](#).





FUNDING & BENEFITS | Other

A place to add other information or upload documents related to funding and benefits for the transition to adulthood.

Additional notes about my funding and benefits:

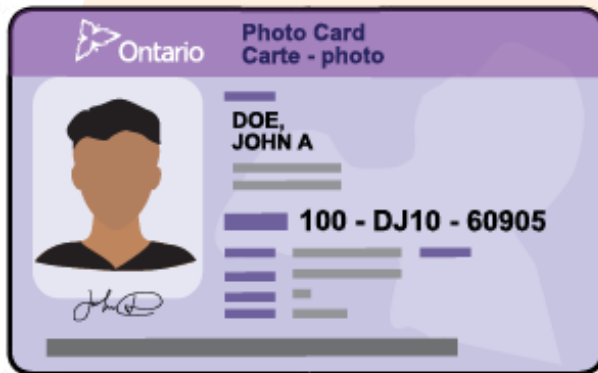
Upload a photo or document:



CIVIC ENGAGEMENT | Government Identification

It is important to have valid identification (ID) as an adult.

Apply for an Ontario if:



You are 16 years or older



A resident of Ontario



Don't have a driver's licence



CIVIC ENGAGEMENT | Government Identification

You might need different types of ID to access government or financial services, voting, banking, business transactions, travel, or other tasks.



Click this [link](#) to learn about **valid ID in Canada**.



Click this [link](#) to learn about **valid ID in Ontario**.



Pieces of ID that I would like to get or update:



CIVIC ENGAGEMENT

Signatures for People with Physical Disabilities

Some adults with physical disabilities may have difficulty physically signing their name on documents despite having the cognitive capacity to make decisions.

However, there are alternatives for signatures, each with pros and cons.

Want to learn about different ways of signing documents?

How I plan to sign my documents:

If applicable, steps I will take to get this in place:



Tip Sheet:
[Signatures](#)
[for People](#)
[with Physical](#)
[Disabilities](#)





CIVIC ENGAGEMENT | Voting Accessibility

Citizens 18 years of age and older have the right to vote in Federal (Canadian), Provincial (Ontario) and municipal (local) elections.

People have the right to accessible voting with accommodations.

Accommodations that I will use when voting:

My plan for voting in elections:



Looking for more information?

[Voting Accessibility for Adults with Disabilities](#) can be a place to start.



CIVIC ENGAGEMENT | Community Contribution



Every person has the right and potential to engage in valued roles in the community. There are many creative ways to meaningfully participate, form authentic relationships and make valued contributions to society.



Interested in learning more?
Try this [Community Contribution and Engagement for Adults with Disabilities tip sheet](#).

1. Am I interested in community contribution activities as an adult?

Yes No Maybe

2. If **yes**, ways that I already participate:

3. In the future, I would like to be further involved in my community in the following ways:

4. My plan for continuing to engage and/or increasing my engagement as an adult:





CIVIC ENGAGEMENT | Other

A place to add other information or upload documents related to civic engagement during the transition to adulthood.

Additional notes about my civic engagement:

Upload a photo or document:



SOCIAL & RELATIONSHIPS | My Social Activities



All people are different! There is no such thing as a “right” amount or type of social activity. What matters is the fit with your likes and needs. What social activities are you involved in?

My social activities now:



Steps I will take to work towards my future vision of social activities:

How I envision my social activities in the future :



Tip Sheet: [Friendship and Relationship Resources for Young Adults with Disabilities](#)



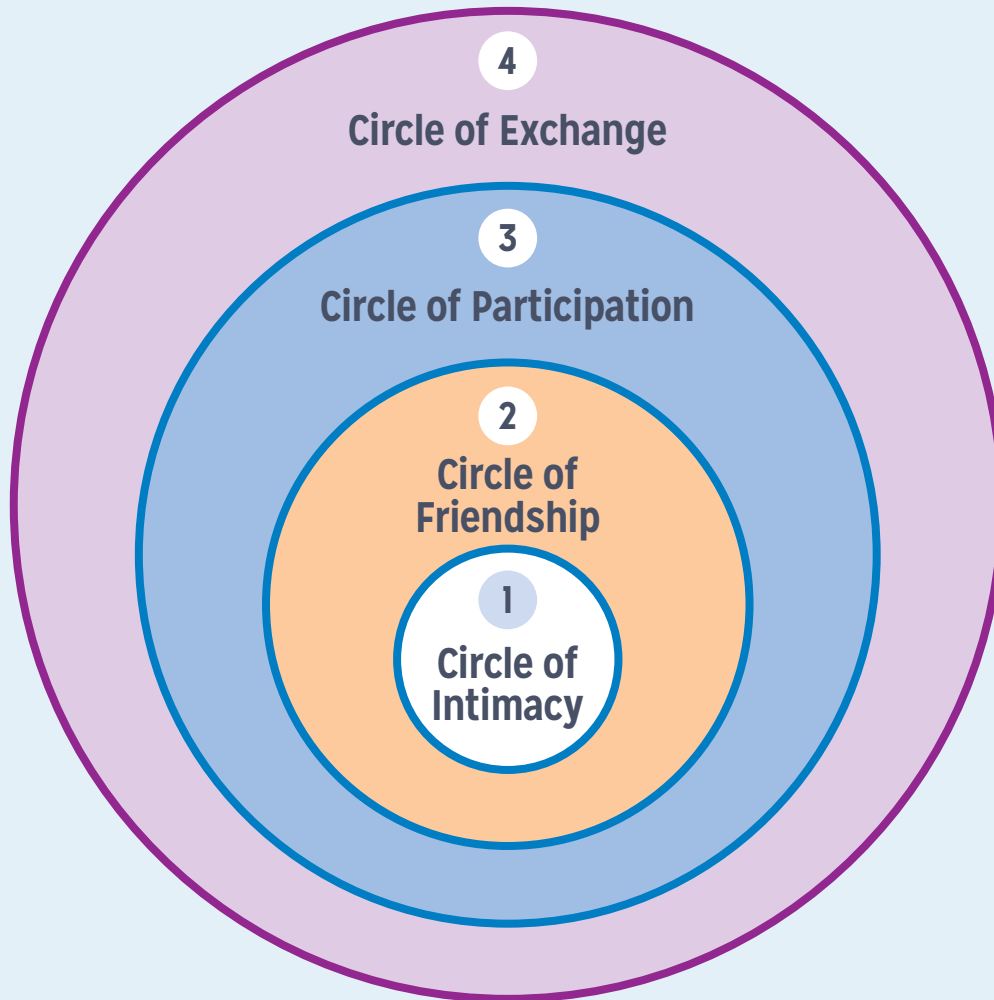
[Friendship and belonging programs](#)





SOCIAL & RELATIONSHIPS | Circle of Support

CIRCLE OF SUPPORT



A 'Circle of Support' is a group of people who share a relationship and support an individual with a disability with life participation, decision making and wellbeing.

Are you interested in creating a Circle of Support? Click 'Next' for resources. →

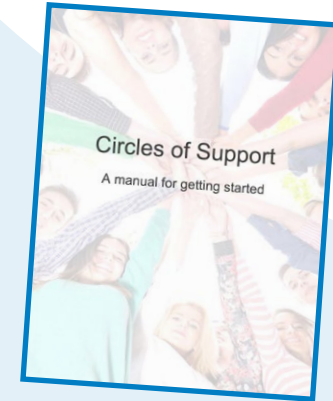
Snow, Judith, A. (1998). What's Really Worth Doing and How to do it - A Book for People Who Love Someone Labeled Disabled (Possibly Yourself), Inclusion Press, Ontario Canada.



SOCIAL & RELATIONSHIPS | Circle of Support



This [Circles of Support: A Manual for Getting Started](#) (Family Advocacy, 2019) has a step-by-step guide for you to follow.



My next steps for creating a circle of support:

A large, empty white rectangular box intended for the user to write their next steps for creating a circle of support.





SOCIAL & RELATIONSHIPS | Friendships



A place to record what friendships mean to you.

Characteristics I look for in a friend:

How I envision my friendships in the future:

My friends:

Name(s) and About Us:

Steps I want to take to work towards my future vision of friendship:



Looking for resources?



Transition Pop-Ups for [Mentorship and Peer Connections](#)



Tip Sheet: [Friendship and Relationship Resources for Young Adults](#)



Holland Bloorview's [Friendship & Belonging programs](#)





SOCIAL & RELATIONSHIPS | Intimate Relationships

It's important to have a safe space to talk about dating, intimacy and relationships. Relationships are a personal choice. For individuals with disabilities that desire intimacy, dating, relationships and finding love should be a basic right. We also acknowledge that stigma and challenges still exist.



My questions, thoughts and feelings about relationships:

Safe people to talk with about my next steps:



Looking for resources?



Transition Pop-Up: [Sexuality, Relationships & Parenting with a Disability](#)



Tip Sheet: [Friendship and Relationship Resources for Young Adults with Disabilities.](#)





SOCIAL & RELATIONSHIPS | Relationship Safety

Venturing into new friendships and relationships can come with risks. It's important to have a plan for staying safe.



My Safety Plan for Friendships and Relationships:

Upload a photo or document:



Looking for resources?



Transition Pop-Up: [Sexuality, Relationships & Parenting with a Disability](#)



Tip sheet: [Safety Resources for Adults with Disabilities](#)



SOCIAL & RELATIONSHIPS | Sexual Health



It's important for youth with physical and cognitive disabilities to have accurate information and support for sexuality, safer sex and informed decision making.

My sexual health questions, thought & feelings:

My safer sex plan:

People I can talk to and resources:

Looking for resources?



Transition Pop-Up: [Sexuality, Relationships & Parenting with a Disability](#)



- Tip Sheets:
- [Sexual Health Resources for Young Adults with Disabilities](#)
 - [LGBTQ2S+ Welcoming Services and Spaces for Adults with Disabilities](#)





SOCIAL & RELATIONSHIPS | Peer Support & Mentorship

The transition to adulthood is a time of growth and change. Some youth and/or parents find it helpful to connect with others in the same situation.



I'm interested in:

Youth 1:1 Peer Support

Youth Support Groups

Youth Online Forums

Caregiver 1:1 Peer Support

Caregiver Support Groups

Caregiver Online Forums

Other...



Looking for peer support and mentorship?

Tip sheet: [Peer Support & Mentorship for Young Adults with Disabilities](#).



Transition Pop-ups: [Mentorship and Peer Connections](#)

My next steps for seeking peer support and mentorship are...





SOCIAL & RELATIONSHIPS | Parenting with a Disability

Do I want kids? Can I have kids? What about stigma and challenges? What supports are there? Who can I talk to? It's important to have a safe space to talk about these types of questions.



My Questions and Thoughts on Parenting with a Disability:

Safe people to talk with:

My plan for further exploring parenting with a disability:



Transition Pop-Up: [Sexuality, Relationships & Parenting with a Disability](#)



Tip sheet: [Resources for Parenting with a Disability](#)



SOCIAL & RELATIONSHIPS | Other

A place to add other information or upload documents related to social & relationships for the transition to adulthood.

Additional notes about my social & relationships:

Upload a photo or document:



LEGAL CONSIDERATIONS FOR TRANSITION TO ADULTHOOD

Legal considerations may apply to youth with disabilities and their families, depending on their needs and situation.

Examples:

	Yes, applies to me	No, doesn't apply to me	Unsure
Power of attorney			
Guardianship			
Trusteeship			
Trust funds			
Tax credits			
Savings plans			
Wills and estate			
Microboards			
Other...			



Click 'Next' to learn more about each legal consideration



Transition Pop-Up: [Legal Considerations for the Transition to Adulthood](#)



Tip Sheet: [Legal Resources for the Transition to Adulthood](#)



LEGAL CONSIDERATIONS | Legal Resources & Plan

Interested in a more in-depth assessment of your potential legal needs for the transition to adulthood?

Looking for practical resources to meet these needs?

1

Event with free legal consultation



Transition Pop-Up:
[Sign up](#) for this event to learn more about legal considerations and schedule a 'free' personalized consultation with Holland Bloorview' Onsite Legal Program

2

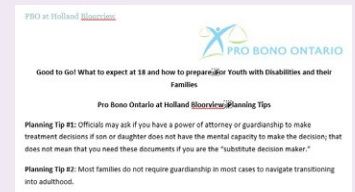
Legal Resources Tip Sheet



Tip Sheet:
[Legal Resources for the Transition to Adulthood](#)

3

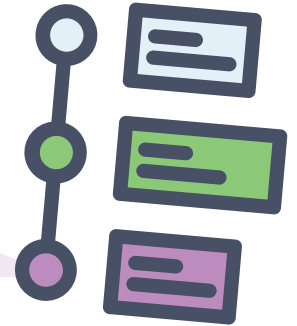
Self-Service with the [Future Planning Tool](#) from the Plan Institute





LEGAL CONSIDERATIONS | Legal Resources & Plan

Steps I will take to address relevant legal considerations for the transition to adulthood:



A large, empty white rectangular area intended for the user to write their steps for addressing legal considerations.





LEGAL CONSIDERATIONS | Other

A place to add other information or upload documents related to legal considerations for the transition to adulthood.

Additional notes about my legal considerations:

Upload a photo or document:



HOME & LIVING SPACE | Living Options

A person’s home and living space is personal. There is no “right type”. Home choice is impacted by many things like preferences, needs, money, resources and availability.

Type of Home

I’m interested in (can select multiple options):

	Now	Future	Unsure
Affordable Housing*			
Renting an apartment, condo or house			
Living in post-secondary residence			
Buying a property			
Other			



* Looking for definitions or more information? Check out this **Tip Sheet:** [Home and Living Spaces for Adults with Disabilities](#)



HOME & LIVING SPACE | Living Options

Type of support (if applicable)

I'm interested in (can select multiple options):

	Now	Future	Unsure
Attendant Services*			
Group home living*			
Home Modifications/Renovations*			
Lifeshare/Host Family*			
Living by myself			
Living with family			
Living with friends or roommates			
Physically accessible home*			
Shared Living (for diagnosis of complex physical disabilities) *			
Supported Independent Living (for diagnosis of intellectual disability) *			
Supported Housing Apartment (for physical disability diagnoses) *			
Transitional Living Training Programs (any disability) *			
Other			

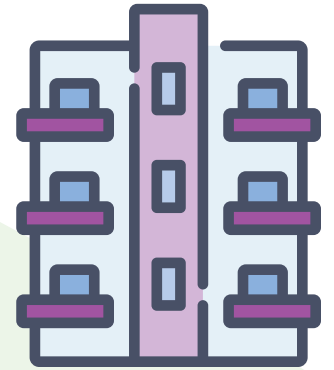


* Looking for definitions or more information? Check out this **Tip Sheet:** [Home and Living Spaces for Adults with Disabilities](#)

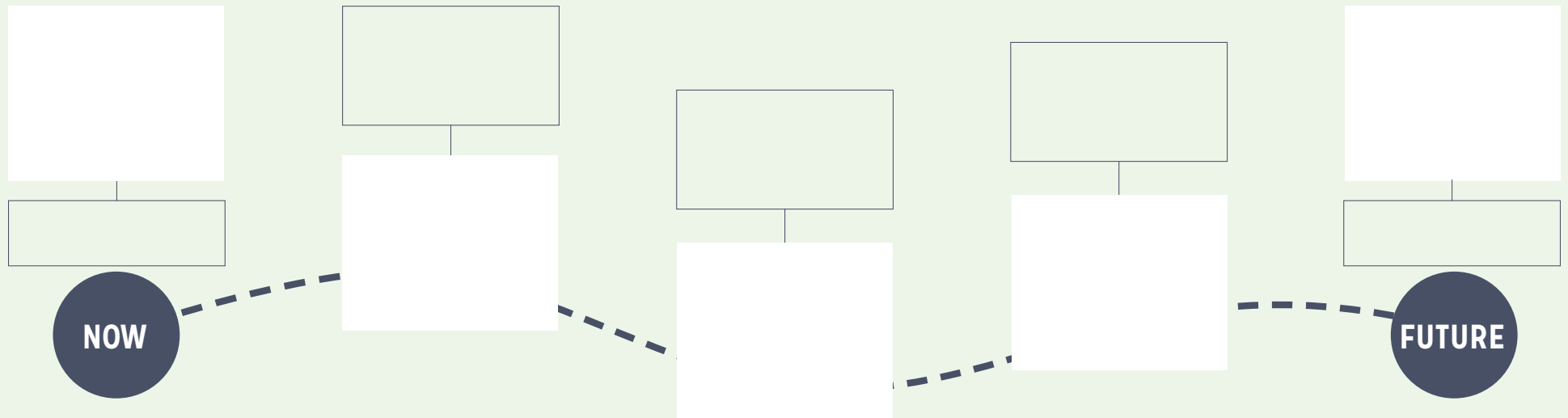


HOME & LIVING SPACE | My Plan

A person’s home and living space is personal. There is no “right type”. Home choice is impacted by many things like preferences, needs, money, resources and availability.



Looking for housing planning tools? Check out Looking for definitions or more information? Check out this **Tip Sheet: [Home and Living Spaces for Adults with Disabilities](#)**



Steps I can take to work towards my future home and living space plan:

Blank white rectangular area for writing steps.





HOME & LIVING SPACE | Other

A place to add other information or upload documents related to your home and living space for now and in the future.



Additional notes about my home and living space:

Upload a photo or document:



PERSONAL CARE SUPPORTS

A place to add information about your personal care needs:

A large, empty white rectangular box intended for users to input their personal care needs.

My Personal Care Needs

You might **already** have your personal care needs listed in a **respite or camp application form**, **OT assessment**, or **care plan**. If so, upload a copy here.

A large, empty white rectangular box intended for users to upload documents related to their personal care needs.

Looking for more information? Check out these **Tip Sheets**

- [Personal Care Resources Overview](#)
- [Attendant Care Services for Adulthood](#)



PERSONAL CARE SUPPORTS | My Services

A place to add information about your personal support or attendant services:

MY SERVICES

Personal Support Worker (PSW)

Applied

Approved ___ hr per week

Getting services

N/A

Agency:

Other info:

Attendant Services

Applied

Approved ___ hr per week

Getting services

N/A

Agency:

Other info:



Tip Sheets:

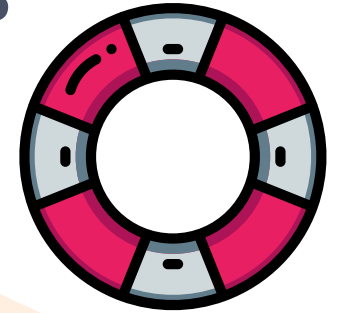
[Personal Care Resources Overview](#)
[Attendant Care Services for Adulthood](#)



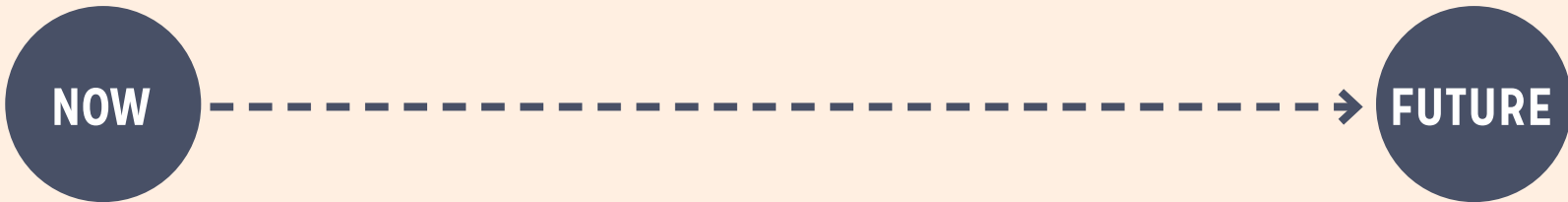
Pop-Up: [What are Attendant Services?](#) Connect with Centre for Independent Living (CILT)



PERSONAL CARE SUPPORTS | Respite Options



Respite support gives caregivers a temporary break from their daily routines by caring for a person with a disability. Care can be at home or at a community program.



Applied	Approved
Provider:	
Location:	
Funding:	
Notes:	

Applied	Approved
Provider:	
Location:	
Funding:	
Notes:	

Applied	Approved
Provider:	
Location:	
Funding:	
Notes:	

Looking for resources?



Tip Sheet: [Respite & Day Programs for Adults with Disabilities](#)



Pop-Up: [Connect with Developmental Services Ontario \(DSO\)](#)



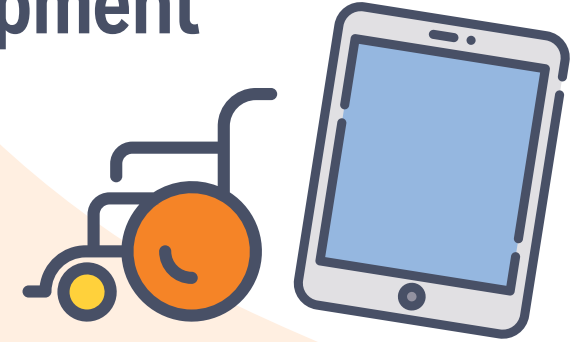
Adult respite may be funded by [DSO direct spots](#), [DSO Passport Program](#), or out of pocket.





PERSONAL CARE SUPPORTS | My Equipment

A place to put information about your equipment.



MY EQUIPMENT

Equipment	Vendor	Children's Service	Adult Service	Notes
Type:	Name: Contact:	Name: Contact:	Name: Contact:	
Type:	Name: Contact:	Name: Contact:	Name: Contact:	
Type:	Name: Contact:	Name: Contact:	Name: Contact:	
Type:	Name: Contact:	Name: Contact:	Name: Contact:	
Type:	Name: Contact:	Name: Contact:	Name: Contact:	



Tip Sheet: [Equipment Resources for Young Adults with Disabilities](#)



PERSONAL CARE SUPPORTS | Other



A place to add other information or upload documents related to your personal support needs and supports.

Additional notes about my personal support needs:

Upload a photo or document:



SAFE & SECURE FUTURE | My Resources



Young adults with disabilities may wonder... what might happen in the future if my parent/guardian can no longer care for me?

Parents/guardians may wonder... what will happen to my [adult] child when I am no longer around?

You are not alone in these questions. Starting early can help young adults and their families plan for a safe and secure future. There are practical resources to help:

1

Legal Considerations for the Transition to Adulthood



Sign up for the **Transition Pop-Up: [Legal Considerations for the Transition to Adulthood](#)** to learn about legal considerations and schedule a free personalized consultation with Holland Bloorview's Onsite Legal Program

2

Self-directed resources

Completing the [My Activities, Funding and Benefits, Social & Relationships, Legal Considerations, Home & Living Space](#) & [Personal Care Supports](#) sections of your **Personalized Transition Plan**

3

Future Planning Tool



[Safe & Secure book from Partners 4 Planning Network](#)
An interactive, customizable tool to plan for the long term future of individuals with disabilities

My plan for working on future planning:

Transition Toolbox





SAFE & SECURE FUTURE | Other



A place to add other information or upload documents related to your safe and secure future.

Additional notes about my safe and secure future:

Upload a photo or document:



OTHER | Personal Additions

A place to add any other information about your transition to adulthood.



Upload a photo or document:



OTHER | Personal Additions

A place to add any other information about your transition to adulthood.



Upload a photo or document:



OTHER | Personal Additions

A place to add any other information about your transition to adulthood.



Upload a photo or document: