ADULTING 101

TIPS, TOOLS and TIMELINES



KC Professional Solutions 2021

WHAT TO EXPECT TODAY

The Power of Planning

Important Timelines Life Skills Checklist

Begin Adulting

Questions



- Worked in the Developmental Services sector for over 30 years
- Independent Consultant in 2010
- "I Value":
 - Partnerships
 - Collaboration
 - Community First

BELIEVING IN EVERYDAY LIFE





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A GUIDE TO TRANSITION **PLANNING**

- Overview
- Tools
- Tips
- Checklists

https://www.yssn.ca/usercontent/resource%20publications//C onnections-April-2012-Final1.pdf



IMPORTANT TIMELINES

ADULT SERVICES CHECKLIST

16 years	Apply for Adult Services - Developmental Services Ontario (DSO)
17.5 years	Contact Ontario Disability Support Program - MCCSS
18 years	Complete the DSO Application

MORE
INFORMATION
& STEP-BY-STEP

DSO

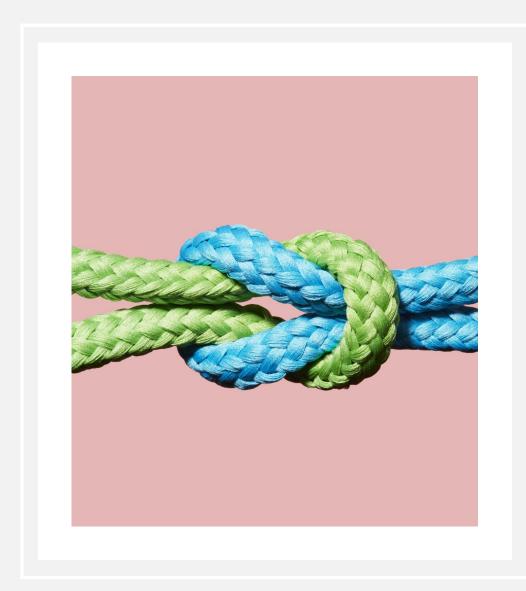
https://www.dsontario.ca/how-to-access-services

ODSP

https://www.mcss.gov.on.ca/en/mcss/programs/social/odsp/income_support/IS_Application.aspx



LIFE SKILLS CHECKLIST



LIFE SKILLS

Why?

How to Begin?

Who Can Help?

BENEFITS OF LIFE SKILLS

Building Self-Reliance and Confidence

Generalized skills: Volunteer/workplaces

Reduces future support costs

Increases Full Citizenship

STEPS TO DEVELOPING SKILLS







SHARE



DEVELOP WORK PLAN



CHECK-IN



IDENTIFY

Developing the SKILLS for Growing Up

https://hollandbloorview.ca/sites/default/files/2019-03/gettingstarted.pdf

STEPS to INDEPENDENCE

https://connectability.ca/2014/06/24/steps-to-independence-2/

SHARE: YOUR PARTNERS

Support Worker

School

Agencies

Others

TIPS TO DEVELOP A WORK PLAN

Consider a Planner and Facilitator

2

Start Small

3

Use Technology





- Cell Phone: GPS locators, Maps and Texting
- Connected Homes (Alexa, Blink and others)
- First Then App
 https://www.youtube.com/watch?v=bl_6abj
 sIA
- Habil Home
 https://habilhome.com/en/directory/hygiene

TIPS & RESOURCES



School Team: Identify this as a goal in your IPRC



Respite Workers:

www.respiteservices.com



Agency options: www.mycommunityhub.ca



Build a Network of Support



BEGIN ADULTING



TRANSPORTATION: YOUR KEY TO COMMUNITY

Travel Training

https://www.ttc.ca/WheelTrans/Family_ Services_program/Travel_Training.jsp

Wheeltrans

https://www.ttc.ca/WheelTrans/How_t
o_apply/index.jsp

Uber and Uber Assist



PRACTICE

- Volunteerism/Employment
- Connections/Friendships
- Overnight Respite



VOLUNTEERISM AND EMPLOYMENT

- ✓ Match your interests with volunteerism/employment
- √ Bring a support staff
- √ Keep it close to home

SOME RESOURCES

- Volunteer Toronto
 <u>https://www.volunteertoronto.ca</u>
- Pre-Employment https://www.jvstoronto.org/find-a-job/youth-employment-services/
- ODSP Employment Supports
 https://www.mcss.gov.on.ca/en/mcss/programs/social/odsp/employment_support/index.aspx

BE A CONNECTORNOT A PROTECTOR

- Ask Teacher- natural connections?
- Identify shared interests
- Foster relationships
 - Begin exchanging phone contacts/Facetime/Text
 - Join clubs, programs or access inclusive options together
 - Spend unstructured time together



PRACTICE BEING APART: OVERNIGHT RESPITE

- Camp
- With an Agency
- Friends and Family
- Making it real: Air BnB



QUESTIONS?