

Transitions from Pediatric Care to Adult Health Care

The transition to adult care for youth with complex health needs can be challenging. This booklet offers resources for caregivers and loved ones making the transition adulthood.



Transitional and Lifelong Care Program

Parkwood Institute Main Building, 550 Wellington Road South

London, Ontario, N6C 0A7

Phone: 519 646-6100

Transitional and Lifelong Care Program

Transition and Navigation Supports

Alice Saddy Association

For people with complex needs who want support to live on their own, access services, plan for the future, and partake in social events.

- Phone: 519 433-2801
- Email: info@alicesaddy.com
- Website: alicesaddy.com/about-us/

Anago Resources

- *Support for at-risk youth and young adults to access outreach programs and health care.*
- Phone: 519 435-1099
- Website: www.anago.on.ca

Community Networks of Specialized Care Specialized and Clinical Supports

- *Support coordination for people with complex support needs.*
- *Contact local DSO for a referral.*
- *DSO South West Region: 1-855-437-6797*

Transition and Navigation Support

Community Living (London) – Child, Youth and Transitional Services

- *Links children and youth with disabilities to resources for support in transitions.*
- *Phone: 519 686-3000 / Email: info@cll.on.ca*
- *Website: www.cll.on.ca/services/children-youth-services/*

Community Living (Wallaceburg) – Transitioned Aged Youth

- *Support for youth living with disabilities in their transition to adulthood.*
- *Phone: 519 627-0777*
- *Website: getintocommunityliving.com/transitional-aged-youth-planning-for-the-future/*

Developmental Services of Ontario (DSO) – Transition Planning

- *For adults 18 years and older, with a developmental disability, and living Ontario*
- *Can apply at age 16.*
- *Phone: 1-855-437-6797*
- *Website: getintocommunityliving.com/transitional-aged-youth-planning-for-the-future/*
- *Website: www.familyservicethamesvalley.com/*

Transition and Navigation Support

Erinoak Kids – Independent Living Program (ILP)

- For youth ages 16 -19 years of age.
- Phone: 905-855-2690 | Toll Free: 1-877-374-6625
- Website: www.erinoakkids.ca/Services/Services/Independent-Living-Program.aspx.

Family Service Thames Valley Centre – Community Integration Program

- For youth and young adults living with a disability.
- Phone: 519 433-0183
- Website: www.pathwayscentre.org/program-service/lifelong-learning-program

Family Counselling Centre – Starting Point Program

- For children and youth with complex transition needs.
- Phone: 519 336-0120
- Website: www.familycounsellingctr.com/

LifeSkills Centre

- For adults with disabilities to learn life skills.
- Phone: 519 680-3808
- Website: www.lifeskillscentre.ca

Transition and Navigation Support

March of Dimes – Learning Independence for Future Empowerment (LIFE) Program

- For young adults, ages 19 – 30 years old with a disability.
- Phone: 416-425-3463 ext. 7816
- Email: dhepburn@marchofdimes.ca
- Website: www.marchofdimes.ca/enca/programs/ddlsp/life/Pages/LIFE-Toronto.aspx

Ontario Federation for Cerebral Palsy (OFCP) – System Navigation Support Program

- For adults 18 years of age and older with cerebral palsy.
- Phone: 416-244-9686 ext. 236
- Toll -Free: 1-877-244-9686 ext. 236
- Website: www.ofcp.ca/programs/planning

Pathways Health Children’s Centre – Lifelong Program

- For young adults, ages 18-35, with special needs.
- Phone: 519 542-3471 ext.245
- Email: hosler@pathwayscentre.org

South West Local Health Integration Network

- For people of all ages who need health care services at home, school, or in the community.
- Phone: 1-800-811-5146
- Toll Free: 1-800-811-5147
- Website: www.southwestlhin.on.ca/

Transition and Navigation Support

Transitional Living Program

- *For adults 18 years of age with physical disability, and eligible for ODSP.*
- *Phone: 416 481-868 ext. 227*
- *Email: shannon.swanson@westpark.org*
- *Website: www.westpark.org/Services/GTIL.aspx*

Government Assistance and Financial Planning

Disability Tax Credit

- For those with disability and experience limitations in activities of daily living.
- Contact Canada Revenue Agency
- Phone: 1-800-959-8281

Ontario Disability Support Program (ODSP)

- Income support for adults 18 years old and older living in Ontario with a disability.
- Contact the Ministry of Community and Social Services
- Phone: 519 438-5111

Financial and Legal Resources

- Online information for parents to ensure the financial security of their family member with a disability.
- Website: connectability.ca/2014/12/09/financial-and-legal-issues-2/

Registered Disability Savings Plan (RDSP)

- Helps save for the long-term financial security of a person with a disability.
- For adults under the age of 60 years old with a social insurance number and fit for Disability Tax Credit.
- Contact a participating financial organization:
- www.canada.ca/en/employment-socialdevelopment/programs/disability/savings/rdsp.html#financial

Health and Care Planning

Advanced Care Planning

- Those who may become unable to make their own health care decisions should appoint a substitute decision maker (SDM) and power of attorney (POA).
- Making Substitute Health Care Decisions is available from the Office of Public Guardian and Trustee, online at www.attorneygeneral.jus.gov.on.ca or by calling 1-800-366-0335.

MyHealth Passport – Good 2 Go Transition Program

- Passport gives you access to your medical information and can be used when visiting a new doctor or healthcare service.
- For youth transitioning to adult health care services.
- Start application by filling out information online: www.sickkids.ca/myhealth

Sexuality Education for Students with Disabilities

- Online resource to provide sex education for those with disabilities.
- Website: www.parentcenterhub.org/sexed/

West Elgin Community Health Centre

- Offers health programs for seniors and adults with disabilities from Dutton Dunwich and West Elgin.
- Phone: 519 768-1715 ext. 2210
- Email: svergeer@wehc.on.ca.

Home and Community Care

Cheshire – Assistive Community Living Program

- For adults with a physical disability
- Phone: 519 439-4246 ext. 310
- Email: cheshire.info@cheshirelondon.ca
- Website: www.cheshirelondon.ca/types-of-service/assisted-living/

Cheshire – Attendant Outreach Services

- For adults with a physical disability.
- Phone: 519 439-4246 ext. 310
- Email: cheshire.info@cheshirelondon.ca
- Website: <https://www.cheshirelondon.ca/types-of-service/outreach/>

Craigweil Adult Day Programs

- For adults with a physical disability.
- Phone: 519 293-3215
- Website: www.craigweilgardens.on.ca

Developmental Services of Ontario (DSO) – Family Host Program

- Support for adults with disabilities in a private home.
- Contact local DSO to see if you can apply.
- DSO South West Region: 1-855-437-6797
- Online Contact Form: <https://www.dsontario.ca/about-us/contact-us>

Home and Community Care

Developmental Services of Ontario (DSO) – Adult Protective Services

- For adults with disabilities who do not have much community or family support.
- DSO South West Region: 1-855-437-6797
- Online Contact Form: www.dsontario.ca/aboutus/contact-us

Forward House

- For adults with a developmental disability
- Phone: 519 455-0020
- Email: info@forwardhouseoflondon.com
- Website: www.forwardhouseoflondon.com/index.html

Hutton House – Day Break Program

- Adults at least 18 years of age and requiring 24-hour care or support due to a disability.
- Contact the Intake Specialist for General Information about services at Hutton House.
- Phone: 519 472-6381 ext. 247
- Email: sarah@huttonhouse.com

Medical Priorities Ltd.

- Support for adults and seniors with a disability.
- Phone: 519 432-1510
- Website: medicalpriorities.com/

Home and Community Care

QC Home Support Services

- For adults and seniors with a disability.
- Phone: 519 679-2805
- Website: www.qchomesupport.com/index.shtml

Regional Supports Associate (RSA)

- Support for adults with disabilities who live in Ontario.
- Office Phone Numbers:
 - Woodstock: 519 421-4248
 - London: 519 433-7238
 - Chatham: 519 354-2156
 - Walkerton: 519 881-0922
 - Windsor: 519 974-9476
- Website: regionalsupport.on.ca/eng/

The Stepping-Stone – Adult Day Care Facility

- For youth or adults with a disability.
- Phone: 519 619-4701
- Email: info@thesteppingstone.ca
- Website: thesteppingstone.ca/

VON – Community Integration Program

- For adults with disabilities who are making the transition to independent living.
- Phone: 519 659-2273 or 1-866-559-5532
- Website: von.ca/en/service/community-integration-program

Education and Vocational Supports

ATN Access for Persons with Disabilities

- For unemployed individuals, ages 16 years and up.
- Phone: 519 433-7950
- Email: info@atn.ca
- Website: www.atn.ca/

Community Living (London) – Transition to Community Employment

- For adults those not yet employed and interested in developing work skills.
- Phone: 519 432-1149
- Website: www.cllo.on.ca

Community Living (Sarnia Lambton) – Employment Transitions Program

- Helps people with disabilities with employment needs.
- Phone: 519 332-0560.
- Website: www.employment-transitions.com/

Community Living (Sarnia Lambton) – Summer Employment Transitions

- For new or returning students, ages 16 to 29 years old with a disability.
- Phone: 519 332-0560
- Email: edawe@employment-transitions.com
- Website: www.employment-transitions.com/looking-for-a-summer-job

Education and Vocational Supports

Community Living (Wallaceburg) – Jobmatch

- For individuals, ages 16 years and up, with a disability.
- Phone: 519 627-0777
- Website: getintocommunityliving.com/transitional-aged-youth-planning-for-the-future/

Goodwill Career Centre

- For those between ages of 16 and 65 who are looking for work.
- Phone: 519 850-9000
- Website: www.goodwillindustries.ca

Hutton House – Adult Education Program

- For individuals 16 years of age or older and not still in high school, and lives with a disability that hinders access to traditional school classrooms.
- Phone 519-472-1541 ext. 228 to register.
- If you are new to Hutton House, call 519-472-1541 ext. 232
- Website: huttonhouse.com/adult-education

Hutton House – Employment Services

- For persons, ages 15 years and up, with disabilities.
- Phone: 519 472-1541 ext. 232
- Email: Intake@huttonhouse.com to register
- Website: huttonhouse.com/

Education and Vocational Supports

Leads Employment Services

- *For people with disabilities who are looking for work.*
- *Phone: 519 439-0352*
- *Email: info2@leadsservices.com*
- *Website: www.leadsservices.com*

NEADS – National Education Association of Disabled Students

- *Education resources for students with disabilities.*
- *Phone: 613 526-8008*
- *Email: info@neads.ca*
- *Website: www.neads.ca*

Thames Valley Children's Centre – Post-Secondary Preparation Workshop

- *For those with disabilities who plan to go to a post-secondary school*
- *Phone: 519 685-8680*
- *Email: tvcc@tvcc.on.ca*

Transportation Services

Driver Assessment & Rehabilitation Program

- *One-on-one driving lessons and support for adults with a disability who would like to drive.*
- *Phone: 1-888-484-0455*
- *Website: www.sjhc.london.on.ca/darp*

March of Dimes – MODMobility

- *For adults with a disability and in need of transportation support.*
- *Phone: 1-800-263-3463 ext.7212*
- *Email: MODMobility@marchofdimes.ca*
- *Website: www.marchofdimes.ca/enca/programs/rec/modmobility*

London Specialized Transit

- *For people in London with a disability who can't use the standard transportation services and routes.*
- *Phone: 519 451-1347*
- *Website: www.londontransit.ca/our-services/specialized-transit/*

Recreation Programs

London Wheelchair Basketball Association

- For those who have a physical disability of the lower body.
- Phone: 519 225-2826
- Email: billylng@quadro.net

London Blizzard Sledge Hockey Club

- For those ages seven years to adult living with a disability.
- Email: pmmcadden@gmail.com
- Website: www.londonblizzard.com

March of Dimes – Summer Recreation Program (Geneva Park)

- For adults at least 18 years of age with a disability,
- Contact Keith Rashid at 1-800-263-3463 ext. 7213 or email krashid@marchofdimes.ca
- Website: www.marchofdimes.ca/enca/programs/rec/summerprograms/Pages/Geneva-Park-Ontario.aspx

March of Dimes – Recreation and Integration Services

- For those with physical disabilities.
- Phone: 1-800-263-3463 ext. 7213
- Email: recreation@marchofdimes.ca
- Website: www.marchofdimes.ca/en-ca/programs/rec/integration

Counselling and Social Supports

ARCH-A Legal Resource Centre for Persons with Disabilities

- *Legal counselling for people with disabilities.*
- *Phone: 416 482-8255*
- *For general inquiries: email archgen@lao.on.ca*
- *www.archdisabilitylaw.ca*

Bright Future Ability Network

- *Legal and financial resources for adults with complex needs or caregivers.*
- *Website: brightfuturesplan.com/the-disability-plan/*

Extended Family Support Services

- *For people with physical, emotional or developmental disabilities.*
- *Phone: 519 913-2123*
- *Website: www.extendedfamiliesforhire.com*

Hutton House – Social Services Support

- *For a person with a disability or family members caring for someone with a disability.*
- *Phone: 519-472-6381 ext. 240*
- *Email: SocialWorker@huttonhouse.com*

Independent Living Centre – London & Area

- *Resource centre for adults with complex needs.*
- *Phone: 519 660-4667*
- *Website: www.ilcla.ca*

Counselling and Social Supports

March of Dimes – Befriending Program

- For adults 18 years or older with a disability.
- Phone: 519 332-4702 ext. 24
- Email: volunteer@marchofdimes.ca
- Website: www.marchofdimes.ca/enca/programs/rec/integration/Pages/BeFriending.aspx

Lambton County Developmental Services

- For people living with a developmental disability.
- Phone: 519 882-0933
- Website: lcdspetrolia.ca/

Ontario Rett Syndrome Association

- Phone: 519 474-6877
- Email: info@rett.ca
- Website: www.rett.ca/

Spinal Cord Injury Ontario – Peer Support Program

- For a person, or family member of a person, with a spinal cord injury.
- Phone: 416 422-5644
- E-mail: peerconnections@sciontario.org
- Website: sciontario.org/support-services/at-your-service/peer-support/

Additional Online Resources

Ability Online

- Resources for youth and young adults with disabilities.
- abilityonline.org/

Mindyourmind.ca

- Resources for mental health and wellness.
- mindyourmind.ca/

STEPS to Independence

- Offers a guidebook for people with disabilities to prepare for independent living.
- Guidebook found online: connectability.ca/Garage/wp-content/uploads/2014/04/STEPS-To-Independence.pdf

Surrey – Transition Tool Kit Available

- Offers a toolkit to help youth with disabilities transition to adult services.
- Website: www.surreyplace.ca/resource-publications/transition-toolkit-2/

Teen Health

- Offers information about mental health concerns, relationships, and healthy living.
- Website: www.teenshealth.org

Teen Transition

- Offers an online toolkit for transition planning.
- Website: www.teentransition-lk.org/

Transitional and Lifelong Care Program

The Transitional and Lifelong Care Program provides care to adolescents and adults (15 years of age or older) from Southwestern Ontario who have special health and rehabilitative needs related to a condition of childhood onset. This includes people with cerebral palsy, spina bifida, Rett Syndrome, developmental delay and others.

Contact

Hours: 8 am to 4 pm
Monday to Friday

Location: **Parkwood Institute Main Building**
550 Wellington Road South
London, Ontario, N6C 0A7
Phone: 519 646-6100

Additional Contacts:

CARING FOR THE BODY,
MIND & SPIRIT SINCE 1869



sjhc.london.on.ca

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