

# Bridging to Adulthood Tips: Respite & Day Programs for Adults with Disabilities

## Respite and Daytime Programs for Adulthood

Adults with disabilities may access respite and daytime programs as part of their routines. In home or centre-based respite engages individuals in supervised, meaningful activities while providing a planned break for family caregivers for a specified time period. Day programs typically offer a variety of recreational, social, physical and community participation experiences in-group formats.

The following resources are for adults with disabilities and their caregivers in Ontario, Canada.

## How do I access and pay for adult respite or day programs?

<p><b>Passport Program- Developmental Services Ontario (DSO)</b></p>	<p>If you are an adult with an <b>intellectual disability</b> and you are eligible for <b>DSO</b>, you can use your <b>Passport Program Funding</b> to pay for respite or daytime programs.</p> <p>Speak with your DSO worker about your funding and reimbursement process.</p> <p><a href="https://www.dsontario.ca/passport-program">https://www.dsontario.ca/passport-program</a></p>
<p><b>Ministry Directly Funded Spots - Developmental Services Ontario (DSO)</b></p>	<p>Sometimes adults with <b>intellectual disabilities</b> who are eligible for <b>DSO</b> are offered <b>directly funded spots</b> in respite or daytime programs.</p> <p>Direct spots are not guaranteed, often have waitlists, and are offered to individuals ranked as having the highest need. We still encourage you speak with your DSO worker about this possibility.</p> <p><a href="https://www.dsontario.ca/funded-services">https://www.dsontario.ca/funded-services</a></p>
<p><b>Toronto ABI Network</b></p>	<p>Adults with <b>acquired brain injuries (ABI)</b> may be eligible for <b>time-limited day services</b> in the community. Apply through the ABI Community Profile.</p> <p><a href="https://abinetwork.ca/referral-forms/community-form/">https://abinetwork.ca/referral-forms/community-form/</a></p>

<b>LHIN Home and Community Care</b>	<p>The majority of day programs funded by <b>LHIN Home and Community Care</b> are for older adults. However, some regions may fund or link you to reduced cost programs for adults with acquired brain injuries, physical disabilities or complex medical needs. Speak with your LHIN Care Coordinator.</p> <p><a href="http://healthcareathome.ca/">http://healthcareathome.ca/</a></p>
<b>Alternative Funding</b>	<p>Families may apply to charitable organizations or alternative funding sources to help cover the costs or respite, daytime or recreation programs. Eligibility criteria vary.</p> <p>See Holland Bloorview's <a href="#">Funding &amp; Financial Supports Guide</a> for options.</p>
<b>Out of pocket</b>	<p>Some families pay for respite or daytime programming from their own money.</p>

## Where can I find examples of adult respite care or day programs?

<b>Adult Respite Care</b>
<ul style="list-style-type: none"> <li>• <b>Developmental Services Ontario</b> <a href="#">Funded Services Listings</a> Scroll to the bottom of your page to find your region.</li> <li>• <b>Respiteservices.com</b> <a href="#">Website</a> Search by region for community <b>Respite Options</b> or <b>CHAP</b> independent respite provider database.</li> <li>• <b>Family Resource Centre</b> <a href="#">Community Respite Opportunities Listing</a></li> <li>• <b>The Healthline Ontario</b> <a href="#">database</a> of health and community services in Ontario. Click on your region. Click on 'People with Disabilities' and then 'Respite Care'.</li> <li>• <b>Surrey Place</b> <a href="#">Community Resource Directory</a> Select the adult directory and scroll to Section 4.</li> <li>• <b>Connectability.ca</b> <a href="#">Fee for Service Program Directory</a> Lists programs that are not Ministry funded or listed on mycommunityhub.ca</li> <li>• <b>LHIN Home and Community Care</b> <a href="#">Websites</a> Search for services by region</li> </ul>

## Adult Day Programs

- **Developmental Services Ontario [Funded Services Listings](#)**  
Scroll to the bottom of your page to find your region
- **The Healthline Ontario [database](#)** of health and community services in Ontario.  
Click on your region. Click on 'People with Disabilities' and then browse categories of interest.
- **Surrey Place [Community Resource Directory](#)**  
Select the adult directory. Press ctrl+F and search for "day program".
- **My Community Hub.ca [website](#)**  
Search for activities, classes or programs of interest.
- **Connectability.ca [Fee for Service Program Directory](#)**  
Lists programs that are not Ministry funded or listed on mycommunityhub.ca

## Things to Consider When Looking for Programs:

- Your interests and goals
- The program's philosophy and activities
- Safety considerations
- Support ratio and support needs
- Staff training and credentials
- Personal care and/or medical supports
- Cost and potential funding
- Program schedule
- Location and transportation
- Potential waitlists
- Other personal considerations

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview's Transitions Team  
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