

YOUR LIFE AS AN ADULT



Holland Bloorview
Kids Rehabilitation Hospital

Participation
and
Inclusion

Transitions, Recreation and Life Skills Services

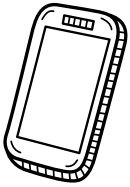
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THINGS YOU CAN DO NOW TO

GET READY!

Ever thought about:

- What you're going to do after high school?
- Having money?
- Driving or taking public transit?
- Having a boyfriend or girlfriend?
- Being a volunteer?
- Making new friends?
- Moving out?
- Making your own decisions?
- Going to college or university?
- Buying things for yourself?
- Getting a job?

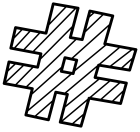
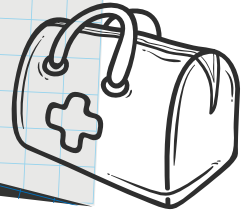
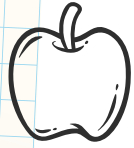


This guide contains advice from us - young adults who have moved on to adult services. We hope that our experiences can help you!

Health First

If you're not feeling good, you can't do the fun stuff!

- Make sure you have a family doctor. They can help you coordinate your care and assist you with everyday issues like colds, flu, birth control etc.
- Make a list of the services you use now. Talk to your health-care team to help you decide where you will go to get these services after age 18.
- Know how to tell someone about your diagnosis and how it affects you. Practice doing this! Start a written record of your health history. Know what meds you're taking and who to call if there's an emergency.



What do you want to do after high school?

Get to know what you enjoy doing!

Talk to family, friends, teachers, guidance counselors about your interests and dreams. You may not always agree with their advice, but talking can help you figure out what you do and don't want for your future.

- Think about doing a co-op program in high school.
- Become a volunteer. Experience is the best way to learn!
- Get involved with extra-curricular stuff at school, your local rec centre or other groups to meet people, have fun and learn about your interests.

Money, Money, Money

- Find out if you are eligible for the Ontario Disability Support Program. Look up ODSP on the web at: www.mcass.gov.on.ca.
- Apply around age 17.5, so your benefits can start when you're 18.
- Check out other funding programs to see if you are eligible. The Passport Program is described on the web at: <https://www.dsontario.ca/>
- If you're thinking about college or university, look into the Ontario Student Assistance Program (OSAP). There are two funding programs for students with disabilities. Visit: www.osap.gov.on.ca.



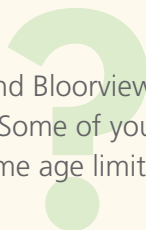
Take charge of your life!

Look out for new experiences.

- Take on responsibilities at home, like doing laundry or feeding your pet.
- Start to direct your own personal care.
- If possible, start going out without your parents.
- Take steps to be responsible for your own health care and make your own appointments.
- Find out about life skills programs in your community.
- Try making a list of questions and talk to your doctor on your own.

Did you know...

Most medical and therapy services at Holland Bloorview Kids Rehabilitation Hospital end when you're 18? Some of your other health-care providers may have the same age limit.



Want to talk about this?

It's a good idea to talk with your family and friends about life after high school. You can also show this flyer to your social worker, nurse, doctor or therapist or anyone you feel comfortable talking with. Ask them questions.

You can also get connected to a Youth Facilitator by emailing youthleader@hollandbloorview.ca. A Youth Facilitator is a young adult who has "graduated" from Holland Bloorview.

Have you started your Skills for Growing Up Ready Checklist?

Get more practical ideas for growing up. To get a checklist visit: <http://hollandbloorview.ca/services/programs-services/youth-engagement>

Youth to Youth Advice



Q. I'm a teen. Why worry about the future now?

A. The funny thing about growing up with special needs is that it takes some planning and discovering. This means that planning for the future will take a little longer and require some information. If you start early, you'll have more opportunities to learn what you can do on your own and what you need help with.

Q. My parents say they won't let me live on my own. What can I say to them?

A. Don't worry! Lots of parents say this. Often time parents are worried that there isn't enough support to help youth move out on their own. It's good to keep the topic open for discussion. Try some of the ideas under 4 things you can do now to get ready on this flyer to help you get prepared. As you start to take charge of your life and find more about your options, you can come back to this discussion with your parents.

Don't forget to check out:

The Centre for Independent Living Toronto
www.cilt.ca, Tel.: 416-599-2458

See links page for resources across Ontario

Community Living Ontario
www.communitylivingontario.ca
Tel.: 416-447-4348

March of Dimes
www.marchofdimescanada.ca
Tel.: 416-425-3463



- Check for organizations that specifically address your needs.

Where to go for help...

If you receive services regularly at Holland Bloorview, there are several special clinics and services that will help you get ready to “graduate” from Holland Bloorview. Ask your service provider, visit the website hollandbloorview.ca, email: youthleader@hollandbloorview.ca or call Holland Bloorview at: **416-425-6220**

Ext. 3782: Youth Engagement Administrator

Ext. 6405: Post-secondary Transition Service - Plan for your education and career after high school.

Ext. 6208: Life skills programs - Learn and practice skills for managing daily life.

Holland Bloorview Kids Rehabilitation Hospital creates a world of possibility by supporting children and youth living with disability, medical complexity, illness and injury. Holland Bloorview is a top 40 Canadian research hospital that is fully affiliated with the University of Toronto and serves over 7,500 families annually. Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in partnering with clients and families to provide exceptional care and is the only organization to ever achieve 100 per cent in two successive quality surveys by Accreditation Canada. Holland Bloorview is a founding member of Kids Health Alliance, a network of partners working to create a high quality, consistent and coordinated approach to pediatric health care that is centred around children, youth and their families. For more information or to donate, please visit hollandbloorview.ca or connect on Twitter, Facebook, Instagram, LinkedIn and parent-blog BLOOM.