

Toronto Autism Spectrum Disorder (ASD) Resources

Family Resource Centre

This list can be accessed on the Holland Bloorview website at www.hollandbloorview.ca/resourcecentre

What is Autism Spectrum Disorder?

Children with autism spectrum disorders (ASD) have difficulty interacting with others and interpreting the world around them. This is because of changes in the way the brain develops.

Some children with ASD may have trouble using words to say what they think, feel or want. Others may talk easily but find it hard to play with others or start a conversation with a peer. Some children with ASD are very sensitive: regular sounds or the touch of a shirt tag can upset them. Some need more input from the senses to feel at ease. Children with ASD may repeat movements or words, have intense interests and prefer routine and order.

The word 'spectrum' is used because children can have a range of issues - from mild to severe. Each child with ASD is unique, with diverse strengths and challenges that can change over time.

Online information

Autism Ontario

Telephone: 416-246-9592 ext. 236

Website: www.autismontario.com (Toronto Chapter)

Learn about ASD online or by phone, and connect with other parents.

Autism Speaks

Telephone: 888-AUTISM2 (888-288-4762)

Website: www.autismspeaks.org (Go to 'Family Resources')

This website provides informational tool kits on different topics including '100 Day Kit' and 'Guide to applied behaviour analysis'.

About Kids Health (Sick Kids Hospital)

Website: www.aboutkidshealth.ca (Go to 'Health A-Z')

Learn about Autism Spectrum Disorder and begin planning for next steps.

Parentbooks

Main Intersection: Bathurst and Bloor

Telephone: 416-537-8334

Website: www.parentbooks.ca

This bookstore carries a wide range of books and DVDs focusing on parenting children with special needs.

Asperger's Society of Ontario

Telephone: 416-651-4037

Website: www.aspergers.ca

This agency provides education and information to children and adults with Asperger's, their families and the community.

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8

T 416 425 6220 T 800 363 2440 F 416 425 6591 www.hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto

Holland Bloorview
Kids Rehabilitation Hospital

Connectability

Website: www.connectability.ca

This website provides information for parents, children and youth on various special needs including Autism Spectrum Disorders. Information includes parent tip sheets in different languages, educational videos and free downloadable visuals.

Community based agencies – Autism Spectrum Disorders (ASD)

Geneva Centre for Autism

Main Intersection: Yonge and Davisville

Telephone: 416-322-7877

Website: www.autism.net

This agency offers parent education workshops, parent support groups, social skill and respite programs, summer camps, a lending library, and behaviour consultation.

Toronto Autism ABA Services

Main Intersection: Location depends on where you live in Toronto

Telephone: 416-925-5141 (ask for Toronto Autism ABA Services registration)

Website:

www.surreyplace.on.ca/News-And-Publications/Pages/New-Programs-Autism-Spectrum-Disorder.aspx

This agency helps children build skills through the use of applied behaviour analysis (ABA). Groups focus on communication; behaviour management and emotional regulation; and social and daily-living skills.

Toronto Partnership for Autism Services (TPAS)

Main Intersection: Location depends on where you live in Toronto

Telephone: 416-925-5141 ext. 2289

Website: www.surreyplace.on.ca/Clinical-Programs/Autism/TPAS/Pages/Home.aspx

TPAS provides evidence-based intensive behaviour intervention (IBI) to help children learn communication, social and independence skills. Children must participate in an eligibility screening. Parent training may be available while waiting for IBI.

Toronto Preschool Speech and Language Services (TPSLS)

Main Intersection: Location depends on where you live in Toronto

Website: www.tpsls.on.ca

Telephone:

North Quadrant: 416-635-2616

South: 416-921-4498

East: 416-281-7445

West: 416-622-8315

TPSLS provides speech and language therapy for children up to the age of five years old.

Kerry's Place Autism Services (Toronto Region)

Main Intersection: Dufferin and King St. West

Telephone: 416-537-2000

Website: www.kerrysplace.org

This agency provides a resource centre for parents, teen social skills groups, music groups, swimming programs, etc.

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8

T 416 425 6220 T 800 363 2440 F 416 425 6591 www.hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto

Griffin Centre

Main Intersection: Yonge and Finch

Telephone: 416-222-1153 ext. 188

Website: www.griffin-centre.org

Kerry's Place and Griffin Centre offer the Partnership in Autism (PIA) program for families and caregivers of youth with ASD. PIA provides family support and behaviour consultation.

Directory of private services

ABACUS

Website: www.abacuslist.ca

Provides information about applied behaviour analysis (ABA) and a listing of ABA providers.

Ontario Association of Speech and Language Pathologists and Audiologists

Telephone: 416-920-3676

Website: www.osla.on.ca

Provides a listing of speech and language pathologists who are members of a regulated, professional college.

College Of Occupational Therapists of Ontario

Telephone: 416-214-1173

Website: www.coto.org

Provides a listing of occupational therapists who are members of a regulated, professional college.

Spirale

Website: www.autismontario/spirale

Telephone: 416-246-9592

Provides a listing of regulated professionals that work with individuals with ASD.

School

Key Terms

Identification, Placement and Review Committee (IPRC)

An IPRC is a committee made up of at least three people, one of whom must be a principal or supervisory officer of the board. The IPRC decides whether or not your child should be identified as exceptional, identifies the areas of your child's exceptionality, and recommends an appropriate placement. IPRC meetings take place at least once in each school year. Parents can approach their child's principal to set up one and are encouraged to attend.

Individualized Education Plan (IEP)

Children identified as exceptional students receive an IEP that is developed in consultation with parents. It includes: specific educational expectations, an outline of the special education program and services that will be received.

Helpful Websites

Ministry of Education – www.edu.gov.on.ca (Go to 'Parents', then 'Special Education')
School Advocacy - www.schooladvocacy.ca
Daycare

Toronto Children's Services – Find Daycare

Telephone: 416-392-5437

Website: www.toronto.ca/children/childcare.htm

Find a City of Toronto regulated childcare in your community.

Toronto Children's Services – Services for Children with Special Needs

Website: www.toronto.ca/children/specialneeds/index.htm

If your child is registered in a city-regulated childcare, a resource consultant may be available. A resource consultant provides guidance to daycare staff on how to support the needs of children with special needs. Speak with the daycare supervisor about this service.

Toronto Children's Services – Special Needs Fee Subsidy

Website: www.toronto.ca/children/subsidy_special.htm

If you or your child has a special need, you may qualify for fee subsidy. Your doctor or another professional who has ongoing involvement with your family must provide written documentation of the special need by completing a form available online.

Early-intervention services (for children up to age six)

Surrey Place Centre

Telephone: 416-925-5141 (Ask for Intake for Infancy and Early Childhood program)

Website: www.surreyplace.on.ca

This agency provides an Infancy and Early Childhood program. This service is intended for children with a suspected or confirmed developmental delay.

Centennial Infant and Child Centre

Telephone: 416- 935-0200 ext. 246

Website: www.cicc.ca

This agency promotes caregiver-child interactions and child development through early intervention services. This service is intended for children experiencing challenges in two areas of development and who are not enrolled in daycare or school.

Ontario Early Years Centres

Drop-In Programs

Telephone: 1-866-821-7770

Website: www.ontarioearlyyears.ca

These centres provide free drop-in programs for caregivers and children.

Let's Get Started Programs

Telephone: 416-920-6543

Some centres offer a parent-child social play group for children 18 months to three years with suspected and/or confirmed special needs. Occupational therapists and speech therapists some of the sessions to provide strategies to parents.

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8

T 416 425 6220 T 800 363 2440 F 416 425 6591 www.hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto

Holland Bloorview
Kids Rehabilitation Hospital

Toronto District School Board – Parent and Family Literacy Centres

Website: www.tdsb.on.ca (Go to 'Parents')

Telephone: 416-394-2067 and 416-394-2144

Free programs at select schools for children and their caregivers. Programs related to pre-kindergarten skills.

Toronto Public Health - Healthy Babies Healthy Children Program

Telephone: 416-338-7600

Website: www.toronto.ca/health/healthybabieshealthychildren/

This agency provides a nurse and/or a home visitor who supports with child development.

Recreational programs

Toronto Parks and Recreation

Website: www.toronto.ca/parks

Welcome Policy - www.toronto.ca/parks/torontofun/welcome_policy.htm

Adapted and Integrated Services: www.toronto.ca/parks/accessibility/index.htm

Telephone:

North York: 416-395-6183

Toronto & East York: 416-397-4923

Etobicoke/York: 416-394-8746

Scarborough: 416-396-7760

City of Toronto provides all year round recreational programs and camps. Registration is online, by phone or at the local community centre. Financial assistance is available for some families through the 'Welcome Policy.' Adapted and Integrated Services may be able to provide additional support for children with special needs.

Holland Bloorview Kids Rehabilitation Hospital

Centre for the Arts

Telephone: 416-425-6220 ext. 3317

Website: www.hollandbloorview.ca/centreforthearts

Provides music, visual and performing arts programs for children with special needs.

Swimming

Telephone: 416-425-6220 ext. 3063

Website: www.hollandbloorview.ca/swim

Provides a range of swimming programs for swimmers with a disability and their family.

Snoezelen community room

Telephone: 416-425-6220 ext. 6345

Website:

www.hollandbloorview.ca/programsandservices/communityprograms/snoezelen/community_snoezelen.php

A unique sensory experience with music, lighting effects, gentle vibrations, tactile sensations and aromatherapy.

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8

T 416 425 6220 T 800 363 2440 F 416 425 6591 www.hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto

Holland Bloorview
Kids Rehabilitation Hospital

Variety Village

Main Intersection: Danforth and Birchmount

Telephone: 416-699-7167

Website: www.varietylvillage.ca

This recreational facility offers all year round recreational programs and camps for children and adults with special needs.

Please refer to "Toronto Inclusive Recreation Guide" via the Holland Bloorview website for a more extensive list of recreational programs.

http://www.hollandbloorview.ca/resourcecentre/family_fun

Parent support programs

Autism Ontario

Telephone: 416-246-9592 ext. 236

Website: www.autismontario.com/toronto

Autism Ontario offers monthly parent support groups, connection to local resources and family events and workshops.

Holland Bloorview Kids Rehabilitation Hospital

Telephone: 416-425-6220 ext. 3735

Website: www.hollandbloorview.ca

This agency offers monthly parent support groups for parents that have children with ASD.

Extend-A-Family

Telephone: 416-484-1317

Website: www.extendafamily.ca

This agency helps create relationships between families who have children with disabilities and others in their community. Family coordinators can connect families with local resources, friendship circles, host families and family support groups.

Geneva Centre for Autism

Telephone: 416-322-7877

Website: www.autism.net

This agency provides monthly parent support groups and a connection of parents via email.

Woodgreen Community Services – Parent Outreach Program

Telephone: 416-645-6000 ext. 1167

Website: www.woodgreen.com

This program provides a home visiting program to caregivers who have children with special needs. Home visitors are parents who also have a child with special needs.

Research

Autism Treatment Network (ATN)

Telephone: 416-925-5141 ext. 2270

Website: www.atntoronto.ca

The ATN registry collects clinical information on children diagnosed with ASD and strives to inform the standardization of care. Joining this registry can mean that a child will receive a brief psychological assessment when they join and be followed for 3 years.

Autism Research Centre

Website: www.hollandbloorview.ca/research/autism-research-centre

The Centre conducts ongoing innovative research programs aimed at improving outcomes and quality of life for children with ASD.

Funding

Disability Tax Credit (DTC)

Telephone: 1-800-959-8281

Website: www.cra-arc.gc.ca/E/pbg/tf/t2201/README.html

A non-refundable tax credit that reduces the amount of income tax that you pay. A doctor or psychologist needs to complete and sign form T2201 form. The application can be downloaded from the website or you can call the above number and request that a form be mailed to you. In addition to the DTC, you will be advised if your family qualifies for the income-based Child Disability Benefit.

Special Services at Home (SSAH)

Telephone: 416-325-0500

Website: www.children.gov.on.ca

Annual funding allocated for family relief and personal development for your child with special needs. No income requirements. Applications can be downloaded from the website.

Assistance for Children with Severe Disabilities (ACSD)

Telephone: 416-325-0500

Website: www.children.gov.on.ca

Monthly allowance for children with disabilities under 19 years of age with functional losses, to assist with the extraordinary costs associated with having a child with special needs. Gross annual income (before taxes) must be below \$63,000. Drug and dental card included. Call to request an application form.

Easter Seals Incontinence Grant

Telephone: 416-421-8377 ext. 314

Website: www.easterseals.org

Children three to 18 years old with a chronic disability resulting in irreversible incontinence lasting longer than six months are eligible for this grant. There are three levels of funding depending on age and level of incontinence. This grant helps to offset the cost of diapers and other supplies. This form must be completed with a medical doctor's assistance.

Registered Disability Savings Plan (RDSP)

Telephone: 1-800-959-8281

Website: www.cra-arc.gc.ca

An RDSP helps parents and others save for the long-term financial security of a person with a disability. In general, any person under the age of 60 who is eligible for the Disability Tax Credit and a resident in Canada can open an RDSP. If the person is a minor, their parent or legal representative may establish the RDSP. Ask your local bank for more information.

Access 2 Entertainment

Telephone: 416-932-8382 ext. 227

Website: www.access2card.ca

The Access 2 Entertainment Card allows people with a disability to receive either free admission or a significant discount for their support person at select movie theatres and attractions across Canada. There is a one time \$20 processing fee.

Jennifer Ashleigh Children's Charity

Telephone: 905-852-1799

Website: www.jenash.org

This Charity provides financial support to families to assist with the costs associated with having a child with special needs. Funding can be used for a variety of resources such as emergency financial relief, respite, certain developmental therapies, treatments not covered by government health plans or insurance, and recreation. This charity offers funding for those who meet specific criteria including financial needs.

President's Choice Children's Charity

Telephone: 1-888-495-5111

Website: www.presidentschoice.ca

This Charity provides financial support to families to assist with the costs associated with having a child with special needs. Funding can be used for a variety of resources such as equipment, home capital, developmental and physical therapy and accessible vehicles. This charity offers funding for those who meet specific criteria including financial needs.

Tax Tips from Special Needs Planning Group

Website: www.specialneedsplanning.ca

Respite programs and help with funding applications

Respiteservices.com

Main Intersection: Yonge and Davisville (in Geneva Centre for Autism)

Telephone: 416-322-6317

Website: www.respiteservices.com

Access facilitators help families find a 1:1 respite worker and can provide information about respite, recreation and summer camp options. They offer financial workshops and limited 1:1 support to help you complete the Special Services at Home and Assistance for Children with Severe Disabilities funding applications.

Community based agencies – Developmental Disabilities

Surrey Place Centre

Main Intersection: Location depends on where you live in Toronto

Telephone: 416-925-5141

Website: www.surreyplace.on.ca

This agency provides clinical services to children, youth and adults with developmental disabilities including behaviour consultation, early intervention, occupational therapy, service coordination and speech therapy.

Community Living Toronto

Main Intersection: Location depends on where you live in Toronto

Phone: 647-426-3219 or 647-426-3220

Website: www.cltoronto.ca

This agency provides services to children, youth and adults with developmental disabilities and their families. Parent support, behaviour consultation, home management and sibling workshops are available to families. Weekday/weekend respite programs are offered through Ennerdale and Lawson locations.

Youth Link

Main Intersection: Warden and St. Clair

Telephone: 416-967-1773

Website: www.youthlink.ca

This agency provides family support services, counselling and parent support groups.

Developmental Services Ontario (DSO)

Telephone: 1-855-DS-ADULT (1-855-372-3858)

Website: www.dsontario.ca

This agency helps adults with developmental disabilities and their families connect to services and supports in their communities. Families can begin the registration process when their child is 16 years old.

Community based agencies – Learning Disabilities

Integra Foundation

Main Intersection: Yonge and Davisville

Telephone: 416-486-8055

Website: www.integra.on.ca

Integra is a mental health centre for children with learning disabilities between the ages of eight and 18. This agency offers individual, parent and family counselling, friendship groups, mindfulness-based martial arts, education workshops and summer camps.

Learning Disabilities Association of Ontario – Toronto Chapter (LDATD)

Main intersection: Yonge and Sheppard

Telephone: 416-229-1680

Website: www.ldatd.on.ca

Learning Disabilities Association of Ontario hosts a local Toronto chapter offering education and resources. A variety of programs are offered such as social skills groups and tutoring. Support group and workshops are available to parents.

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8

T 416 425 6220 T 800 363 2440 F 416 425 6591 www.hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto

When reading this resource list, please note that not all services and resources may be applicable and can have varying wait times. Also, these resources are for informational purposes only.

Compiled by social workers in Holland Bloorview's child development program