

Transitioning Into Adulthood: An Interactive Resource for Young Adults with Disabilities

For Camrose & East Central Alberta

*Click on underlined text throughout this resource for more info



Acknowledgments

This booklet was created by Chelsea Schols, BSCN student, University of Alberta Camrose site
in Partnership with the [Camrose Association For Community Living](#)

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FACULTY OF NURSING

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[Alberta Advanced Education](#)

[Battle River School Division](#)

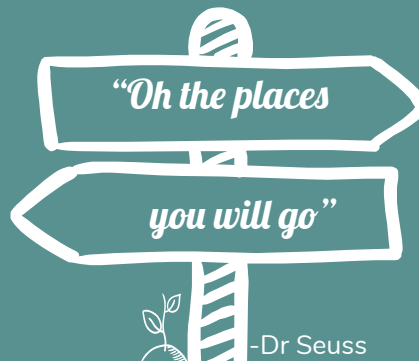
[Edmonton Catholic School Board](#)

[Elk Island Public Schools](#)

[Vecova Centre for Disability Services and Research](#)

Benefits to Early Transition Planning

- ❑ Once the youth turns 18 the expectation is that they are fully prepared and able to make their own decisions. Otherwise, they must have the support team in place to aid in decision making.
- ❑ **Transition Planning** will help ease the change from child to adult services, and ensure the future adult has the support they want and need.
- ❑ It is beneficial to the child and family to utilize the support of the Alberta school system and other child services before adulthood (18+).



Transition Timeline

**Note this timeline is to be tailored to the needs & wants of each individual*

Contact your child's school administration or division office. They are there to support & guide along the way.

14 Years

- Begin transition planning.
- Include child in all transition planning to promote independence.
- Has your child had an official [psycho-educational assessment](#)?
- Explore children's mental health therapist options.
- Open bank account in child's name & apply for [SIN](#) if not yet done so. Services like [Disability Savings Plans](#) need this.
- Make master list of required ID & personal documents
- Discuss and prioritize personal, career, & wellness goals.

15 Years

- Discuss with youth worker whether child plans to live independently or dependently.
- Discuss future living options with child, school, & FSCD workers.
- Consider at home paid work & volunteer work, or work experience options.
- Open up discussions about what the child is interested in.
- Does the child want to continue on with education? Post secondary? Other?

16 Years

- Set up [PDD](#) intake meeting (If necessary) and prepare applications for other adult services. Some [adult services](#) may take up to **two years** to complete in full.
- Ensure SIN, child's own bank account, & [2 government approved pieces of ID](#) have been obtained.
- Encourage youth to independently consider various supports in future planning. Having a team of formal & informal support is highly recommended. Revisit this topic.

17 Years

- [AISH](#) application **no later than** 6 months before turning 18.
- Apply for upgrading, post secondary, life skills programs. Contact local offices to set up meetings.
- What healthcare services need to be changed? Eg. Pediatrician to Family Physician. Establish plan for adult medical services & get referrals.
- Obtain [Capacity Assessment](#) at 6 months mark before child turns 18 (if necessary) as well as apply for [Guardianship](#) or [Trusteeship](#).
- If child has medical needs contact local [Alberta Health Services](#) to arrange care plans.
- Plan with child's mental therapist supported transition to [adult mental wellness](#).

18+ Years

- Access to PDD funding and adult services open.
- Keep up to date on socio-political changes with government that affect accessibility funding and programming.
- Register to [vote](#).
- Continue exploring new hobbies & interests.
- Consider adult social & support groups.
- Develop master list of funding and services that require annual renewals or periodic updating.

What You Can Find in Here

- [Key Things to Consider](#)
- [Obtaining Official Diagnosis](#)
- [Available Adult Services](#)
- [Upgrading Options](#)
- [Life Skills Training](#)
- [Transitional Vocational Training](#) (2 pgs)
- [Post Secondary Services](#)
- [Post Secondary Financing](#)
- [Employment Supports & Dev.](#) (2 pgs)
- [Housing Options](#)
- [Adult Respite](#)
- [Transportation](#)
- [Health & Other Services](#) (2 pgs)
- [Athletics & Fitness](#)
- [Activities & Support Groups](#)
- [Resources to Explore](#)
- [References](#)

Key Things to Consider

- ❑ Is the child capable of communicating their needs & wants regarding their care?
- ❑ Is the child able to adequately feed, clothe & otherwise take care of their basic needs?
- ❑ Is the child able to develop social support networks?
- ❑ What mental health & wellness options need to be explored?
- ❑ Whether the child is employed outside of the home
- ❑ Whether the child will require outside care (dependent vs independent living)
- ❑ Degree to which the child can understand the effects & consequences of their actions
- ❑ Income and finances of the child and the child's family
- ❑ Does the child require an official diagnosis & assessment?

Obtaining Official Diagnosis

Most developmental disability supports and services require an official assessment and diagnosis (beyond Individual Program Plans ([IPP](#))) to be completed before the age of 18 (and valid within the past 5 years). This process must be done by a registered Psychologist under the health professions act.

Individuals with developmental disabilities and their families are encouraged to advocate and request [psycho-educational assessment](#) to be done within the Alberta education system before the individual turns 18. This may avoid potential additional costs and delaying of adult funding (eg. PDD). Some great resources for further information are **teachers, school counselors, Family School Liaison Workers (FSLW), as well as Family Services for Children with Disabilities Workers (FSCD)**.

*How Developmental Disabilities Guidelines are determined click [here](#)

*An in depth Alberta handbook for parents of children with special needs click [here](#)



Available Alberta Adult Services

➤ [AISH](#)

➤ [Alberta Adult Health Benefit](#)

➤ [Disability tax credit](#)

➤ [Guardianship](#)

➤ [Income Support](#)

➤ [PDD](#)

➤ [Registered Disability Savings Plan](#)

➤ [Supports for people with disabilities](#)

➤ [Trusteeship](#)

*Further information available through the ALIS website [here](#) & the Alberta website [here](#)



Upgrading Options

[Academic upgrading if you are 20 or older](#)- Includes table that outlines which options are available at various upgrading providers across Alberta.

[Academic upgrading if you are under 20](#)- Includes options at local high schools and online upgrading.

[Alberta Distance Learning Centre](#)- For under 18 only.

[Camrose & Area Adult Learning Council](#)- Meets learning & employable needs of 18+.

[Community Adult Learning Program \(CALP\)](#)- (Find CALP near you [here](#))
Case-by-case tailored tutoring for individuals with disabilities towards GED, upgrading, or foundational learning (eg. Literacy).



Life Skills Training

Camrose Association of Community Living

Camrose & Area Adult Learning Council- Meets learning & employable needs of 18+.

Community Adult Learning Program CALP

FCAL (Killam)- Foundational skills, employment prep, GED prep, & lifelong learning.

Supported Independent Living

*Supports for individuals (18+) with developmental disabilities for developing life skills while maintaining and increasing their independence. Partnered with disability services Central region.



Transitional Vocational Programs

***What are vocational programs? Usually unpaid work experience. End goal is obtaining employment.**

***Apply early since most services have limited intake and early application deadlines**

[Centra Cam](#)-Day Program, employment services, & community employment alternatives.

[Directions for Wellness](#)- Workplace training, youth employment services (18-25), health & wellness, & aboriginal supports. Funded through the government.

Camrose: 780.672.5580, Nisku: 780.986.0188, Wetaskiwin: 780.352.4477

[FCAL \(Killam\)](#)- Foundational skills, employment prep, GED prep, & lifelong learning.

[Focus on the Future](#) (previously Skills Link Program, no website)- (Flagstaff county) Multiphase case-by-case skill development program funded by federal government. Anything from trades, oil field, hospitality, & much more. Contact **780.385.3976**

[Human Resources and Skills Development Canada \(HRDC\)/Service Canada](#)- Money available for businesses, organizations, public health and educational institutions, band and tribal councils, aboriginal organizations and municipal government to provide employment/skills training opportunities to individuals with special needs.



Transitional Vocational Programs Cont

*Additional programs found [here](#)

[Inclusion AB](#)- Contact for list of AB institutions.

[Jobs4Youth](#)- CAFCL Camrose, Education and supports for Camrose employment.

[Olds College](#)- Transitional employment program.

[Red Deer College](#)-Transitional vocational program.

[Rehoboth](#)- Funding through PDD, services offered throughout Central AB (Three Hills, Red Deer, Edmonton, Stony Plain, Spruce Grove, Airdrie, & Calgary only areas near).

[Transitional Vocational Program \(TVP\)](#)- Combines living skills, employability skills, & work experience.



Post Secondary Specialized Services

*Students attending through Inclusion AB Post-Secondary are non-credit (audit) students

[Augustana University of Alberta Campus](#)

[Burman University](#)

[Lakeland College](#)- Accessibility services located on both Vermillion & Lloydminster campuses.

[Prairie College](#)- No on campus residence. Case-by-case assistance.

[Red Deer College](#)

[Olds College](#)

*Additional programs found [here](#)

*Inspiring [Transition Planning guide](#) for students grade 9-12 considering post secondary



Post Secondary Financial Resources

[Alberta Grants for Disabled Individuals \(GFD\)](#)

[CAFCL Scholarships](#)

*Applications open annually in February

[Canada Student Grant for Students with Permanent Disabilities](#)

[Canada Study Grant for the Accommodation of Students with Permanent Disabilities](#)

[Disability Awards](#)

[DRES](#)

[Federal Student Loans](#)

[John Hasselfield Endowment Foundation](#)

*Application for highschool students not planning for post secondary

[Learning Disabilities Association of Alberta](#)

[Provincial Student Loans](#)

[Scholarships Canada](#)

[Student Awards](#)

[University of Alberta-Augustana Campus Accessibility Grants](#)



Employment Supports & Development

[Alberta Works](#) - Support for basic living expenses and more.

[Community Futures](#) (Viking)- community driven, non-profit organization. Offer Entrepreneurs With Disabilities Program.

[Directions for Wellness](#)- Workplace training, youth employment services (18-25), health & wellness, & aboriginal supports. Funded through the government.

Camrose: 780.672.5580, Nisku: 780.986.0188, Wetaskiwin: 780.352.4477

[Disability Related Employment Supports \(DRES\)](#)- Provides supports to help people with disabilities succeed in school and find rewarding careers.

[Focus on the Future](#)-(previously Skills Link Program, no website)- (Flagstaff county) Multiphase case-by-case skill development program funded by federal government. Anything from trades, oil field, hospitality, & much more. Contact **780.385.3976**

*[ALIS tips on seeking employment](#)



Employment Supports & Development

[Inclusion AB Youth Employment Partnership \(YEP\)](#)- Works with local businesses to develop jobs for youth through peer-mentored support

[Opportunities Fund](#)- Assists persons with permanent physical or mental disabilities to prepare for, obtain, & maintain employment. Employers are supported to hire persons with disabilities.

[Camrose Association For Community Living](#)

- **[MORE \(Meaningful Options for Role Enhancement\) Program](#)** (other adult services in link)
- **[Jobs4Youth](#)** (overcoming barriers to employment for 15-30 years of age)

[Employment Placement & Support Services \(RedDeer\)](#)- Contact **403.343.6249**

[Rotary Employment Partnership in Alberta](#)- Meaningful employment opportunities through inclusion AB.



Housing & Residential Information

[Affordable housing programs](#)- Government of Alberta partners with various housing providers to bring affordable housing to Albertans who are in a low income bracket.

[Bethany Group](#)- Low-income & transitional housing (alternative option if no PDD funding, serves multiple communities in Central Alberta).

[CAFCL](#)- **Outreach**- Social & support services to meet client needs. **Residential Program**- Requires PDD funding. **Support Home Program**- Contracts private homeowners in the community to provide unique living options for adults with developmental disabilities.

[Canadian Mental Health Assoc-East Central Region](#)- Shared living programs & living support.

[Catholic Social Services](#)- Specific eligibility outlined on link regarding residences and PDD. Offers outreach, support, & residential services.

[Rose City Residential Support Society \(Sparling Manor\)](#)- Affordable housing in Camrose (alternative if no PDD funding) option for independent living adults with disabilities.

*Refer to [Camrose & District Support Services](#) for current contact information.



Adult Respite

Alberta Health Services Continuing Care Access Center- Homecare, supportive services, & more.
Contact **1.855.371.4122**

Bashaw Community Health Centre- Serves persons of all ages needing medical care services.

The Bethany Group- Care for complex health needs. Alternative option if no PDD funding.

Camrose & District Support Services- Helpbook for human services, rural clubs, & organizations.

Catholic Social Services- Requires PDD funding & diagnosed developmental disability.

Continuing Care Placement Office Central Alberta- Contact **1.403.314.6112**

Disability Services for Developmental Disabilities- Contact **1.780.679.5059**

Plan It Consulting Inc.- Serves Camrose, Wetaskiwin, Tofield, Viking and other areas. Prioritize compatibility between client and caregiver. Does not require government funding.

Viking Community Health Centre- Serves persons of all ages if needing medical care services.



Transportation

[Beaver County Community Transportation](#)- (Tofield, Viking, & Kinsella) Wheelchair accessible.

Bashaw Bus Society- Return trip within town, or transit between Bashaw and Camrose. Wheelchair accessible. Call to book rides. Contact **780.372.3631**

[City of Camrose Transportation](#)

- [Rose City Handi-van Society Camrose Community Bus](#)- Accessible ramps & equipment. Cost and more info on above link.
- [Camrose Connector](#)- Camrose and Red Arrow partnered to bring connections to Edmonton, Hay Lakes, & more. Several through connections through Red Arrow available as well. Wheelchair accessible. See above link for associated cost & more information.



Health & Other Services

[Alberta Dental Association & College](#)- To find a dentist in your area

[Alberta Health Services](#)

[Camrose & District Support Services](#)- Great directory of local resources.

[Camrose Open Door](#) – Supports needs of youth and young adults age 11- 24. Emergency shelter & supportive housing, outreach supports (life and employment skills), basic needs, counselling, FASD supports, 24 hour helpline. Contact **780.679.4357**

[Canadian Mental Health Association, East Central Alberta](#)- Individual support services are for individuals over the age of 16 with severe and persistent mental illness who also have a developmental disability or a brain injury and wish to live more independently.

[Central Alberta Brain Injury Society](#)- Support for individuals with traumatic and acquired brain injury as well as their family and caregivers.

Please Dial:

[211](#) for community programs & services

[811](#) for medical & health needs & inquires



Health & Other Services Cont

[Distress Line, Canadian Mental Health Association](#)- Edmonton Region. 24 hour distress line. Compassionate & non-judgemental listening.

[Dog Guides](#)- Assisting Canadians with wide range of disabilities

[Dogs With Wings](#)- Support & companion dogs

[The Lending Cupboard](#)-Based out of Red Deer, helps those in need of medical equipment. If they cannot provide services to your area then they can help recommend alternatives.

[Mental Health Help Line](#)- Contact **1.877.303.2642**

[Residential Access Modification Program \(RAMP\)](#)- Low income Albertans with mobility challenges can apply for grants to modify their home.

[Service dogs in Alberta](#)- Supports for service dog & more

[Society of AB Occupational Therapists](#)- Find local OT



Athletics & Fitness

[Camrose Special Olympics](#)- An abundance of enriching sports & physical activities year round.

[Canadian Association for Disabled Skiing](#)- Separate programming in 2 Central Alberta locations:
Alliance & Red Deer

[City of Camrose Skating & Tobogganing](#)- Open to the Public.

Outdoor GYM Camrose- Located at 4608 51 A St within Jubilee Park. Free for the public.

[Recreation Opportunities for Individuals with Disabilities An activity guide for Edmonton and surrounding areas](#)



Activities & Support Groups

Camrose & Area Stroke Recovery Association- Information, support, and social activities.
Contact **780.608.6141**

Eagles Club-Wetaskiwin support group through Catholic Social Services. For adults with developmental disabilities.

The Rose Club- The Rose Club is an adult drop-in centre where members plan and participate in social, recreational, and educational activities. See CAFCL website for monthly calendar of activities.

SingAble- A joint partnership between CAFCL & U of Alberta Augustana Campus

- SingAble is grateful to be the recipient of the 2019 Innovation Award from the Alberta Council of Disability Services
- Multigenerational Inclusion choir

Visual Impaired Persons Club- Support group & social club.
Contact **780.608.9351** or **780.672.1408**



Resources to Explore

[Abilities](#)- Canada's lifestyle magazine for people with disabilities.

[Advocate for Persons with Disabilities](#)- Since 2018. Provide assistance with questions about programs & services.

[Alberta Aids to Daily Living \(AADL\)](#)

[Alberta Brain Injury Network](#)- Contact 1.403.342.2266

[Alberta Council of Disability Services \(ACDS\)](#)

[Alberta Supports](#)

[Alberta Health Services](#)

[Assistance For Personal Decision Makers](#)- Contact 403.742.1155
(travels to Camrose area)

[Camrose Association for Community Living](#)

[Camrose Family Resource Centre](#)

[Camrose District & Support Services](#)

[Canadian Mental Health Association-East Central Region](#)

[Canadian Down Syndrome Society](#)

[Cerebral Palsy Association in Alberta](#)

[Centra-Cam](#)

[Catholic Social Services](#)

[Family Supports for Children with Disabilities \(FSCD\)](#)

[Inform Alberta](#)

[Prairie Central FASD Association](#)



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*As things in life ebb and flow information changes. Please let us know if anything in the booklet requires updating or of any new information. Thank you!

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