

Simcoe County Future Steps...



**A Resource Guide
For Families of Teens & Young Adults
Diagnosed with an
Autism Spectrum Disorder**

Edited December 2017

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Autism Spectrum Disorder (ASD) is a brain based condition affecting the development of social skills and behaviour.

Diagnostic criteria for Autism Spectrum Disorder changed in May 2013, when the new Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM 5), was published. Terms such as Asperger Syndrome, PDD-NOS, and Autistic Disorder are no longer used. Anyone who is assessed and meets criteria will be given the diagnosis of Autism Spectrum Disorder. There are now two domains instead of three:

1. Social Communication and Social Interaction

There are 3 criteria in this domain and all 3 criteria must be met for a diagnosis to be made. These are persistent deficits that are present in multiple environments, currently or in the past affecting the following:

- a. The ability to relate to other people socially and emotionally
- b. The use of nonverbal communication, such as eye contact, gestures and facial expression
- c. The development and understanding of relationships

2. Restricted repetitive patterns of behaviour, interests, or activities

There are 4 criteria in this domain and at least 2 criteria must be met for a diagnosis. These symptoms may be present currently or in the past.

- a. Repetitive motor movements, use of objects or speech patterns
- b. Insistence on sameness, need for routines or rituals
- c. Highly restricted, fixated interests
- d. Unusual reactivity to sensory input

These criteria must be present in the early developmental period, and must cause significant impairments in important areas of current functioning, in order for a diagnosis to be made.

The severity of the condition will be specified according to the level of support required for a person to function in various environments. It is now also necessary to specify if there are any accompanying conditions, such as language impairment, intellectual impairment, an associated medical condition, or another neurodevelopmental disorder such as Attention Deficit Hyperactivity Disorder.

What causes Autism Spectrum Disorder?

A single specific cause of Autism Spectrum Disorder is not known. Genetic and environmental influences are believed to play a role. In many families, there appears to be a pattern of autism or related disabilities. There is also an increased risk for siblings to be diagnosed.

Who is affected?

ASD knows no ethnic, racial, social or economic boundaries. ASD is more common than we used to think, occurring in approximately 1 in 94 people (approximately 1 % of the population). Boys are more frequently affected than girls. The increased prevalence is felt to be caused by broadening of the diagnostic criteria, increased awareness of the condition, and better access to diagnostic testing.

Is there a cure?

To cure means "to restore to health, soundness, or normality." In the medical sense, there is no cure for the differences in the brain which result in Autism Spectrum Disorder. Although ASD is a lifelong condition, the increased understanding of the disorder has led to the development of various coping strategies. Some of the traits may lessen or change as the child ages depending on the stresses and supports in the environment. With appropriate intervention, many of the associated behaviours can be positively changed. However, the majority of children and adults will continue to exhibit some symptoms of ASD to some degree throughout their entire lives.

Potential Areas of Weaknesses Exhibited by Individuals with Autism

- Variability of intellectual functioning
- Impairment of Social Relationships
- Deficits in communication/language
- Perseveration on Interests and Activities
- Dependence on routine

**Based on research by Canadian Public Health, National Epidemiological Database for the Study of Autism in Canada (NEDSAC) as of June, 2014. The epidemiology of ASD is based on scientific inquiry that is constantly evolving*

Information for "What is Autism?" was adapted from: the Autism Ontario and Autism Canada Websites; The Canadian Best Practice Guidelines for the Screening, Assessment and Diagnosis of Autism Spectrum Disorders in Young Children, 2008; from a presentation called "Sooner Rather Than Later: Advances in the Early Detection of Autism Spectrum Disorders" by Lonnie Zwaigenbaum, MD, FRCPC; and Dr. Nicola Jones-Stokreef, MD, FRCP(C).

Why Connect with Services?

Having a child receive a diagnosis of Autism Spectrum Disorder (ASD) can be overwhelming. Many parents will receive the diagnosis and ask themselves, 'Now what?' and wonder where to turn next. Simcoe County has a number of services and supports available for families to help their child reach their full potential. In this document you will find contact information for agencies that provide a wide range of services. This will assist you as the primary caregiver to support your loved one. It's okay to ask for help!

When to Connect with Service?

Whenever you are ready! Receiving a diagnosis for your child comes with a wide range of emotions and can be very difficult. However, it is important to know that these services are available and can be very beneficial for parents as well as the child diagnosed with ASD. If you are feeling overwhelmed and not knowing where to start, agencies are there to help.

The best way to prepare for the challenges and opportunities ahead is to find the right help, support, and information sources that work best for you and your family as soon as you are ready to do so.

Where to Start?

Autism Ontario - Simcoe County Chapter

Phone: 705-252-7429

Email: simcoe@autismontario.com

www.autismontario.com/simcoe

Kerry's Place Autism Services

Phone: 905-713-6808 ext. 350 (Community Services Access)

Email: yorksimcoeaccess@kerrysplace.org

www.kerrysplace.org

Ontario Autism Program

Phone: 1-888-454-6275

autism@kinark.on.ca

Simcoe County Future Steps...



Where to Connect?

ASD Supports & Services

Autism Ontario – Simcoe County Chapter

Autism Ontario is the leading source of information and referral on autism and one of the largest collective voices representing the autism community.

Some services provided:

- Family Support Coordinator
- Parent Support Meetings
- French Language Support is available (1-800-472-7789x 240 rpcprovincial@autismontario.com)
- Funding for March Break or Summer 1:1 Workers for Children Under 18 years
- Building Brighter Futures Fund for Adults and Scholarships for Post-Secondary Education
- Recreational and social programming, as well as family gathering events that provide valuable opportunities for your child to simply be themselves in a social environment

Contact: Autism Ontario - Simcoe County Chapter, 80 Bradford St Unit 105, Barrie, Ontario L4N 6S7

Phone: 705-252-7429

Fax: 705-252-7431

www.autismontario.com/simcoe

Important Links:

1:1 March Break & Summer Camp Fund: <http://www.autismontario.com/camp>

Webinars: <http://www.autismontario.com/client/aso/ao.nsf/web/Autism+Ontario+Webinars>

ASD Resources & Toolkits: <http://raisetheflagforautism.com/>

Scholarships: <http://www.autismontario.com/client/aso/ao.nsf/web/Scholarships?OpenDocument>

Ontario Partnership for Adults with ASD: <http://www.autismontario.com/adults>

Kerry's Place Autism Services

Kerry's Place Autism Services is a charitable, non-profit organization committed to enhancing the quality of life for individuals with Autism Spectrum Disorder. We offer a comprehensive range of individualized support to children, adolescents, adults and their families who have a diagnosis of ASD.

A person with ASD, parent or guardian can self-refer. Any other person may initiate a referral with written consent from the family or the adult with ASD.

Contact: 38 B Berczy Street Aurora, Ontario L4G 1W9

Phone: 905-713-6808 ext. 350 (Community Services Access)

www.kerrysplace.org

yorksimcoeaccess@kerrysplace.org

Ontario Autism Program (OAP)

The new Ontario Autism Program will ensure autism services for children and youth are delivered consistently across the province, allow for flexibility and choice based on each child's needs, and give families confidence in receiving quality services. The government is committed to ensuring families are supported through a smooth and seamless transition as they enter the new OAP. Transition planning within the new program will be individualized, planned in advance and will be achieved in partnership with each child's family, OAP professionals and service providers. Children and youth with a diagnosis of autism spectrum disorder from a qualified professional will be eligible for the OAP up until the age of 18.

Website: ontario.ca/autism. Simcoe County Intake: 1-888-454-6275

Families are now transitioning into the new OAP. The key components of the new program include:

- **A single point of access.** There will be one access point to the OAP in each of the nine service areas to make it easier for families to access services for their child.
- **Family-centred decision making.** As key partners in their child's care, families will be actively engaged in the assessment, goal-setting and intervention planning process for their child.
- **Collaborative approach to service.** A foundation of the new OAP will be the collaborative approach taken by community support service providers, clinicians and educators to support children's needs at home, during service and in school.
- **Service based on need.** Services will be flexible and individualized. The intensity and duration of the services a child or youth receives is based on their needs and strengths, regardless of age. Each child's service plan will be determined by clinical assessment.
- **A direct funding option.** A new direct funding option will be implemented by the end of this year. This will provide all families with a choice between receiving direct service or receiving funding to purchase their child's service.
- **Safe, effective autism services.** The province intends to regulate ABA practitioners to help ensure families receive safe, high-quality services, have confidence in their providers and know where to go if they have a concern.

Simcoe Community Services is a multi-service agency that provides a wide range of programs & services to infants, children, teens and adults who have an intellectual disability and believes that everyone can contribute to their community.

- **Family Support**
- **Respite Services** - Families may connect with self-employed, screened CHAPs (Community Helpers for Active Participation) who may provide the following services:
 - Host-home respite** which occurs in the CHAP's home and the person participates in the family life of the CHAP;
 - Hourly respite** which provides relief in the person's home as well as respite outside the person's home, e.g., support at recreation programs, day camps, involvement in community activities, etc.;
 - Daily respite** which is considered to be any amount of time over 8 hours and is available both in-home and host home

Respite is also available through the agency's Accommodation Services, for children and adults who require physical and/or medical support and for adults with an intellectual disability who may or may not require physical support.

Respite may also be provided in the form of registration for qualified recreation programs and summer camps.
- **Let's Socialize:** The group is open to youth from grades seven to ten (approximately 12-15 years of age) transitioning from elementary to secondary school. Two separate social skills groups are offered. The first group focuses on basic social boundaries and social skills; the second group focuses on sexuality and changing relationships. At least one parent must commit to attending the parent sessions in order to provide follow up support to the youth after the group ends.
- **Youth Program:** WEB (Wednesday Evening Bash) in Barrie & Get OUT (Orillia Ultimate Thursdays)
- **Youth in Action** - These summer sessions provide high school aged youth the opportunity to expand their communication, social, recreation and life skills while participating in the community. They are open to any high-school aged youth, regardless of ability.
- **Accommodations Services** - may be available through the agency's Children and Adult Accommodations, Family Home and S.I.L. (Supported Independent Living)
- **Employment Support Services:** Assists people 16 and over to find and keep competitive employment. We work directly with the person being trained and the employer to ensure mutual satisfaction.
- **Transition Services:** Available to youth and young adults with an intellectual disability who are attending, or who have recently left, high school.
- **Community Support Services:** The primary goal of *Community Support Services* is to provide meaningful day supports for adults with intellectual disabilities within the communities of Barrie, Orillia and surrounding townships. This may be through participation in paid employment, volunteer opportunities, and community support or leisure activities.

Contact: 39 Fraser Court, Barrie, Ontario, L4N 5J5

Phone: 705-726-9082

www.simcoecommunityservices.ca

Catulpa Community Support Services

This agency provides access to services for families of children who have ASD, a developmental disability and/or physical disability. Families can access the following programs:

- Early Intervention Program
- Family Resource Services (school aged children)
- Children's Respite Funding
- Intensive Service Coordination

Contact: 165 Ferris Lane, Barrie, Ontario, L4M 2Y1

Phone: 705-733-3227 ext. 2335

www.catulpa.on.ca

Centre for Behavioural Health Sciences

A referral can be made for children who have an intellectual disability with a significant cognitive delay who exhibit challenging behaviour that is interfering with their ability to participate in daily living activities. Scope of service is determined by evaluation of needs and may be provided through individual and/or group support. Following a behaviour assessment, a behaviour support plan is created that includes prevention and intervention strategies. In addition, specific skills are taught with the goal of replacing the challenging behaviour. Mediators (i.e., family, group home staff, etc.) learn to implement the behaviour support plan and data is collected to measure progress. Assessment and treatment strategies are based on the principles of Applied Behaviour Analysis (ABA).

Contact: 570 Bryne Drive, Unit H, Barrie, ON L4N 6P9

Phone: 705-728-9143

www.mackenziehealth.ca

Children's Treatment Network – (CTN)

Children's Treatment Network (CTN) supports more than 6,000 children and youth (birth to 19) throughout York Region and Simcoe County with multiple special needs. CTN provides specialized clinical and rehabilitation services through a network of partner organizations, including school boards, hospitals and other health agencies and community organizations. Together we foster an integrated, family-centered approach and deliver services where families spend their time: at home, in the community and at school. CTN is funded by the Ministry of Children and Youth Services.

Contact: 165 Ferris Lane, Barrie, Ontario, L4M 2Y1

Phone: 1-866-377-0286

www.ctnsy.ca

Kinark Child and Family Services

As the province transitions to the full implementation of the Ontario Autism Program, Kinark continues to provide a range of evidence-based, family-centred behaviour analytic services, including intensive intervention. Individualized treatment plans are developed for each child/youth admitted to the OAP to meet their unique needs across all developmental stages. Treatment planning is done in close collaboration with parents/caregivers and other autism service providers. Kinark is currently working with the Ministry of Community and Social Services and its community partners toward the full implementation of the new OAP, which is expected to be fully operational by the spring 2018. If you have questions about our autism services, please call the single point of access to OAP at 1-888-454-6275 or email us at: autism@kinark.on.ca

Kinark Child and Family Services (continued)

School Support Program – Autism Spectrum Disorder (SSP-ASD)

The Connections for Students (CFS) service, operated by the Kinark School Support Program, supports children with an Autism Spectrum Disorder (ASD) transitioning from Intensive Behavioural Intervention (IBI) services in the Central East Autism Program (CEAP) into full-time school placement. The CFS model establishes a child-centered, school-based transition team to support the child's successful transition into school. Supported by a Kinark SSP-ASD Consultant, the child, their family, and their school transition team receive consultative programming in Applied Behaviour Analysis based instructional methods for up to 12 months when the service plan for a child identifies transition to full-time school and/or a significant decrease in service hours. The goal of the Connections for Students Program is to improve outcomes for students with an ASD and their families through the successful transition of the child from IBI instructional methods into school.

Contact: Scott Bark, Lead Manager, School Support Program

Phone: 905-479 0158 ext. 424.

www.kinark.on.ca

North Simcoe Muskoka & Central LHIN

The School Health Support Services program provides health services in school for students who require medical and/or rehabilitative assistance to enable them to attend school, participate in school routines and receive instruction. The program serves students in public schools and private schools, as well as students receiving home instruction.

North Simcoe Muskoka LHIN <https://healthcareathome.ca/nsm/en/Contact-Us>

Central LHIN (Alliston, Bradford) <https://healthcareathome.ca/central/en/Contact-Us>

Respite

Respite care is a family support service that provides temporary relief from the physical and emotional demands involved in caring for a family member who has a disability. Respite creates greater opportunities for all family members to live actively and participate in community activities and allows parents/guardians time for themselves.

Respite Links for Eligibility and Funding:

<http://www.catulpa.on.ca/s/programs/Respite.aspx>

<http://www.kerrysplace.org/Public/Respite-funding>

<http://www.simcoecommunityservices.ca/family-services/family-relief>

www.respiteservices.com

Day Time Programs and Community Support for Adults

Camphill Communities Ontario

Camphill Communities Ontario offers day activities at both our downtown Barrie Camphill Sophia Creek location and our rural location Camphill Nottawasaga outside of Angus, ON. These opportunities allow an individual to experience an atmosphere of creativity, a place to socialize, and a chance to develop vocational skills. Our daytime, community-based program for adults encourages choice, independence and inclusive engagement.

http://www.camphill.on.ca/camphill_on/day_program.html

Simcoe Community Services – Community Support Program Please see page 6

Private Practitioners

Things to consider prior to accessing a Private Practitioner:

- Extended health care benefits or private insurance programs may cover private services
- You may need a doctor's referral in order to receive coverage through your insurance company
- Receipts may be applied to a medical income tax credit
- Ensure therapist has experience working with children with an ASD

ABACUS www.abacuslist.ca

The ABACUS website aims to serve as the best possible source of information so that parents, caregivers, and the general community can be informed consumers of Applied Behavioural Analysis (ABA) services for individuals with Autism Spectrum Disorder (ASD) in Ontario.

SPIRALE www.autismontario.com/spirale

SPIRALE is a new resource designed to help Ontario parents find professional services for their child or youth with Autism Spectrum Disorder (ASD)

Occupational Therapists (OT)

- Once you have chosen a private therapist, you can confirm that he/she is registered with the college by the College of Occupational Therapists of Ontario (COTO) at 1-800-890-6570 ext. 226 or online at www.coto.org

Physiotherapists (PT)

- Once you have chosen a private therapist, you can confirm that he/she is registered with the college by contacting the College of Physiotherapists at 1-800-583-5885 or online at www.collegept.org

Psychologists

- Telephone the Ontario Psychological Association at 1-800-268-0069.

Social Workers

- Telephone the Ontario Association of Social Workers at 416-923-4848 and they will give you the names of three private practices that specialize in the area defined by you. Or you can go to www.findasocialworker.ca

Speech Language Pathologists (SLP)

- Contact the College of Audiologists and Speech Language Pathologist of Ontario (CASLPO).
 - Phone: 1-800-993-9459
 - On the internet:
 - Go to www.caslpo.com and under "welcome to CASLPO" click on "public information", next click on "find on a practitioner" and search by city.

Simcoe County Future Steps...



Mental Health

Supports & Services

Mental Health Helpline - www.mentalhealthhelpline.ca

Canadian Mental Health Association (CMHA)

CMHA offers service, support and education for individuals and families of Simcoe County experiencing effects of mental illness and addictions. CMHA Simcoe County Branch is a not-for-profit organization governed by a community Board of Directors and funded by the Local Integrated Health Network (LHIN), United Way, Ministry of Child and Youth Services and private donations.

Contact: 15 Bradford St Barrie ON L4N 1W2

705-726-5033 or 1-800-461-4319

Fax : 705-726-8629

info@cmhastarttalking.ca

<http://www.cmha.ca/>

Kinark Child and Family Services - Barrie Branch - The Youth Mobile Crisis Response Services for children and youth is designed to provide mental health supports to children, youth, and families experiencing a crisis that is not imminently life threatening but would benefit from an immediate supportive response. Available to individuals 18 and under

Contact: 1-888-893-8333 (Toll Free)

705-728-5044 (Crisis Line)

New Path Youth and Family Services

New Path is an accredited multi-service children's mental health centre working with children and youth up to age 18 and their families whose are experiencing social, emotional or behavioural difficulties. New Path offers a Walk In Clinic Bradford, Alliston, Cookstown, Barrie, Orillia and Collingwood on a weekly basis. See our website www.newpath.ca for schedules. New Path also offers a range of services such as individual, family, and group counselling programs, early years services for children 0-6, school based counselling and support programs, parenting programs and residential services; although not all programs are available in each community.

Contact: 165 Ferris Lane, Barrie, Ontario, L4M 2Y1

Phone: Central Intake: 705-725-7656 or 1-866-566-7656

LIFT (Life Skills and Independence for Teens)

- Support
- Positive experiences
- Active participation
- Teens 13 to 19 years of age who are attending high school

Contact: 705-726-5033 ext. 213

Simcoe County Future Steps...



Financial Help

Funding for Youth and Adults

Special Services at Home - (SSAH)

SSAH may provide financial assistance to families who are caring for a child with a developmental or physical disability at home. The program focuses on providing time-limited funding to assist families to fill service gaps and purchase supports that are not otherwise available in the community. SSAH funding can be utilized for the child's personal growth and development and/or family relief and support. Recently there have been changes to the renewal process for SSAH. Please check with your Special Agreements Officer to determine if a re-application is required in November of each year.

Contact: Ministry of Community and Social Services, 34 Simcoe Street, Barrie, Ontario, L4N 6T4

Phone: 705-737-1311 ext. 2322 or 1-877-669-6658

<http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx>

Assistance for Children with Severe Disabilities – (ACSD)

ACSD may provide parents who meet the financial and medical criteria with financial aid for extra costs (prescription drugs, specialized toys, hearing aids, transportation costs to attend specialist appointments, medical expenses not covered by drug card, etc.) involved in caring for a child with a disability.

Contact: Ministry of Community and Social Services, 34 Simcoe Street Barrie, Ontario.

Phone: 705-737-1311 ext.322 or 1-877-669-6658

Phone: 905-713-6808 ext. 350

<http://www.children.gov.on.ca/htdocs/English/specialneeds/disabilities.aspx>

Disability Tax Credit –T2201

The Disability Tax Credit is applied for through Revenue Canada. It provides families caring for a child (under 18 years of age with a developmental/physical disability), with a tax free benefit up to \$2,351 per year (\$195.91 per month). This funding can be retroactive and some families may be eligible to receive money from the time of their child's birth. The application can be filled out by a Medical Doctor, Speech Language Pathologist, Optometrist, Occupational Therapist, or Psychologist.

Contact: 1-800-387-1193

www.cra-arc.gc.ca/benefits

Central East Region Respite Flexible Funding for Children with ASD (Kerry's Place Autism Services)

The purpose of the Children's Respite Flexible Fund is to help caregivers get the flexible and individualized support that their family needs in order for them to take intervals of time off from their care-giving duties. This funding is available to children up to the age of 18. **Please note there is an annual deadline by which all applications must be received (usually February each year).**

To obtain an application form please visit: www.kerrysplace.org or www.respiteservices.com

Contact: 38B Berczy Street, Aurora, Ontario, L4G 1W9

Phone: 905-713-6808 x 360

Catulpa Community Support Services

Children's Respite Funding

Respite provides parents/primary caregivers temporary relief from the responsibility of caring for a child/youth with a disability, allowing them time to renew themselves and an opportunity for the child/youth with a disability to spend time with others in their own home or to have new experiences in the broader community. The overall goal of respite is to provide flexible support to parents/primary caregivers, to address family priorities, to improve quality of life. Children must be school-aged (up to 18 years) with a physical and/or intellectual disability (IQ below 70) and reside in Orillia, Collingwood, Midland, or Alliston areas.

Contact: 705-733-3227 ext. 2335

www.catulpa.on.ca

Simcoe Community Services

Family Relief Funding

Respite Funding/Family Relief: Respite funding can be used to pay for services of a respite provider and can also reimburse fees for registered camps and community recreational programs with registered businesses. To qualify for respite funding your child must have a professional assessment indicating an intellectual disability and/or a physical disability.

Contact: Applications may be downloaded from www.respiteservices.com/simcoe or call 705-726-9082 to be directed to the Respite Coordinator.

Developmental Services Ontario (DSO)

Developmental Services Ontario helps adults with developmental disabilities connect to services and supports in their communities. Wherever you live in Ontario, we can help you or someone you care for to connect with available:

- residential supports
- caregiver respite
- community participation supports (like recreation, volunteering, employment, or in-home supports)
- professional and specialized services
- person-directed planning
- other supports to help people with developmental disabilities become more involved in their communities

****Please note:** high functioning autism does not qualify as a developmental delay and does not meet the criteria for services with DSO. It is possible criteria may have changed since the time this document was created. Please contact the DSO to confirm eligibility criteria.

Contact: 905-953-0796 or 1-855-277-2121

Email: dsocentraleast@yssn.ca

www.dsontario.ca

PASSPORT Funding for Adults

Passport is a program that helps adults with a developmental disability to participate in their communities. It also helps caregivers of an adult with a developmental disability take a break from their caregiving responsibilities.

Passport can provide supports and services to adults with a developmental disability so they can:

- take part in community classes or recreational programs
- develop work, volunteer, and daily life skills
- create their own life plans (this is called person-directed planning) and reach their goals.

Parents must apply for Passport funding even if they are receiving SSAH. It is recommended to apply when your child is 16 years of age. **Please review eligibility requirements before applying.**

Contact: 905-953-0796 or 1-855-277-2121

Email: dsocentraleast@yssn.ca

www.dsontario.ca

Ontario Disability Support Program (ODSP)

The Ontario Disability Support Program helps people with disabilities who are in financial need pay for living expenses, like food and housing. The program provides eligible people with disabilities with:

- financial help

This is called Income Support and it helps people with disabilities who are in financial need pay for living expenses, like food and housing.

- help finding a job

This is called Employment Supports and it helps people with disabilities who can and want to work prepare for and find a job. ODSP is managed and delivered by the Ministry of Community and Social Services. Available to individuals 18 years or older **who meet the ODSP requirements**

Contact: Ministry of Community and Social Services ODSP Income and Employment Supports

34 Simcoe Street Barrie ON L4N 6T4

Tel: (705) 737-1311 or 1-800-461-7551 TDD/TTY: (705) 737-9601

Fax: (705) 737-4197

Services available in French and English

<http://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/>

Simcoe County Future Steps...



Recreation

Funding & Programs

Recreation

CALYPSO

Autism Ontario's Calypso website is a specialized resource designed to help Ontario parents find the right camp or camp program for their child or youth with ASD. On the website, camp programs self-register their experience and contact information. This website is produced with support from the Ontario Ministry of Children and Youth Services.

Contact: Autism Ontario, 1179A King Street West, Suite 004, Toronto, ON, M6K 3C5

Phone: 416-246-9592

www.autismontario.com/calypso

Health STAR

Through the County of Simcoe's Social Assistance Restructuring Reinvestment, the Health STAR program receives 100% municipal funding to deliver sport and recreation opportunities for low-income families. In addition to YMCA memberships and camps, children and youth have access to a range of activities, including, dance, soccer, hockey, skating, cheerleading, gymnastics and swimming to name a few. Aside from exposure to healthy lifestyles habits, children have the opportunity to develop in character and improve self esteem, build transferable skills as well as engage and be supported by their larger community.

Contact: 705-726-6421 ext. 429

Jumpstart

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids participate in organized sports and recreation. They help cover registration, equipment and/or transportation costs to help kids participate in a sport or recreational activity of their choice.

Applications for assistance can be submitted from Jan. 15 – June 1 for spring/summer programs, and from July 1 – Nov. 15 for fall/winter programs.

Contact: 1-877-616-6600

<http://jumpstart.canadiantire.ca/en.html>

Kinark Outdoor Centre

Each year thousands of children and families experience the outdoors and live in peer groups through the structure of organized residential camps. The potential for positive social interaction and growth through a residential camp stay is significant. Even children with complex, neurological disorders can benefit from camp, provided the appropriate programs, staffing and supports are in place. Kinark Child and Family Services offers four program formats that support children, youth and families with Autism to participate in a residential camp experience: Family Respite Weekends, Summer Camp Sessions, ASD Adolescent Social Skills, and Summer Family Camp.

Contact: Box 730, Minden, Ontario, K0M 2K0

Phone: 705-286-3555 or 1-800-805-6184

<http://www.koc.on.ca/>

Simcoe County Future Steps...



School

Public, Catholic, French & Post-Secondary

Many parents face challenges when addressing teachers, principals and school boards.

Here are some tips:

Your goal is to get your child supported for appropriate education. Remember to create a 'Needs' statement. List the strengths your child possesses; don't always focus on the negative. What are their special interests and how can those interests be incorporated into daily teaching or sensory breaks

- Do your homework!! Know what your child is entitled to and have supporting documentation. Prepare an executive summary and handouts for meetings. Supporting documents from those who assist your child outside of school are helpful (i.e. care givers, coaches, private therapists and support workers).
- Boards are obligated by law, to meet the needs of exceptional pupils (Sec 170(1)7 of the Education Act). Spend time developing a clear, concise, appropriate and supported NEEDS STATEMENT.
- Be polite but be persistent.
- If you call the meeting then prepare an agenda. Stay on point so goals are developed.
- Know when to 'call it a day' but always ask for the date for the next meeting. Maintain open and positive communication with your child's school.

What Is an IEP?

An IEP is an Individual Education Plan:

An IEP is a written plan describing the special education program and/or services required by a particular student. It identifies learning expectations that are modified from, or alternative to, the expectations given in the curriculum policy document for the appropriate grade and subject or course, and/or any accommodations and special education services needed to assist the student in achieving his or her learning expectations. (For information on modified and alternative expectations, see section 4.1. The IEPs of students who have no modified or alternative expectations will focus only on accommodations and services.) The IEP is *not* a daily lesson plan itemizing every detail of the student's education.

The IEP also helps teachers monitor the student's progress and provides a framework for communicating information about the student's progress to parents(2) and to the student. The IEP is updated periodically to record any changes in the student's special education program and services that are found to be necessary as a result of continuous assessment and evaluation of the student's achievement of annual goals and learning expectations.

The IEP reflects the school board's and the principal's commitment to provide the special education program and services, within the resources available to the school board, needed to meet the identified strengths and needs of the student. *The principal is responsible for ensuring compliance with all of the requirements described in this document for the development and implementation of students' IEPs.*

www.edu.gov.on.ca/eng/general/elemsec/speced/iep/iep.html#what

More detailed information about IEPs, IPRCs and school advocacy can be found under the Parent Resources tab on the Autism Ontario Simcoe County Chapter website www.autismontario.com/simcoe

Simcoe County District School Board (SCDSB)

The mission of the SCDSB is to ensure students reach their full potential through quality programs which develop the skills of lifelong learning in a safe, caring environment enhanced by community support. The SCDSB advocates that:

- All students have equitable opportunities to learn and participate in inclusive school communities.
- Students' unique learning styles are recognized and planned for in a caring and sensitive manner, enabling them to learn and participate with dignity and respect.
- Students' strengths and special education needs are identified and responded to early, as this is paramount to their growth and development.
- Education services are delivered using a collaborative and flexible process centered on the strengths and needs of the students, inclusive of family, school, and community, and based on the best learning outcomes for the student.

Include information on transition planning to high school, post secondary school, life skills etc

Contact: SCDSB Education Centre, 1170 Highway 26, Midhurst, Ontario, L0L 1X0

Phone for Simcoe County: 705-728-7570

Phone for Bradford, West Gwillimbury and New Tecumseth: 705-729-2265

www.scdsb.on.ca

Simcoe Muskoka Catholic District School Board (SMCDSB)

The Simcoe Muskoka Catholic District School Board is committed to living our vision:

"We are a Faith-Filled Catholic Learning Community Dedicated to Excellence".

Include information on transition planning to high school, post secondary school, life skills etc

Contact: 46 Alliance Boulevard, Barrie, Ontario L4M 5K3

Phone: 705-722-3555

www.smcdsb.on.ca

Conseil scolaire de district catholique Centre-Sud

www.csdccs.edu.on.ca

En sa dignité d'enfant de Dieu, chaque élève a droit à une éducation de qualité. C'est pourquoi le Conseil scolaire de district catholique Centre-Sud offre des services particuliers lorsque le personnel de l'école a des inquiétudes au sujet du rendement d'un élève ou de son adaptation à son milieu scolaire. Ces services spécialisés, qui font l'objet d'une recommandation par l'équipe-ressource de l'école, sont confidentiels et gratuits et sont assurés par un personnel d'expérience, compétent et qualifié

Conseil scolaire Viamonde

Les programmes et services destinés aux élèves qui éprouvent des difficultés d'apprentissage ont pour objet de leur assurer les mêmes chances d'épanouissement que les autres. Les besoins de ces élèves sont déterminés par un Comité d'Identification, de Placement et de Révision (CIPR). Les malentendants, les élèves souffrant de troubles de langage, les handicapés physiques, les enfants hospitalisés ou en institution, les enfants souffrant de troubles de comportement, de difficultés d'apprentissage, l'enfance inadaptée (au secondaire) et les surdoués sont définis comme étant des élèves en difficulté.

Contact: Ecole élémentaire La Source – 70 Madelaine Drive, Barrie, Ontario, L4N 9T2 (705) 730-6625

Académie la Pinede – 116 Waterloo Road East, Borden, Ontario, L0M 1C0 (705) 424-5664

Ecole publique St-Joseph – 30 Poyntz Street, Penetanguishene, Ontario, L9M 1N4 (705) 549-3124

www.csviamonde.ca

Penetanguishene Protestant Separate School Board

Burkevale Protestant Separate School is a unique and dynamic learning environment. Its continued relevance is due to a successful partnership between a variety of stakeholders who work together in the best interest of the children. The Burkevale staff is hard-working, caring and creative. The parents and guardians are actively involved as volunteers within the school, and on the School Council, which organizes a variety of events and fundraisers which enhance the school climate and provide funds for different educational activities and outings. The School Board provides significant support to the staff and students at Burkevale, and individuals and organizations within the local community help enrich our school environment.

Contact: Unit 48, Box 107, 2 Poyntz Street, Penetanguishene, Ontario, L9M 1M2, (705) 549-6422

Phone: 705-549-7456

www.pssbp.ca

Georgian College

Accessibility services

If you are a student with a disability and would like to register for accessibility services, please contact the Centre for Access and Disability Services. <http://www.georgiancollege.ca/student-services/accessibility-services/>

Admissions Phone: 705.722.1511

<http://www.georgiancollege.ca/>

Learning Centres

The Learning Centre's (LSC) goal is to promote student achievement and retention, develop independent life-long learners, and support innovation in learning and teaching through the integration of learning strategy and peer tutoring services.

- Peer Tutors
- Learning skills assistants www.georgiancollege.ca/student-services/learning-centres/

Community Integration through Cooperative Education (CICE) Program

Georgian College's Barrie Campus, CICE is a two-year post-secondary certificate program for students with cognitive disabilities or learning challenges who require academic accommodations and modifications for success. Learning facilitators work with students to help them get organized, prioritize their assignments, learn how to study and, in general, succeed at college.

- CICE classes begin each fall at the Barrie Campus
- Apply through the Ontario College Application Service (OCAS)
- Prospective students attend a mandatory individual program admissions interview that assesses their suitability for CICE.
- Applicants must be at least 19 years of age or have an OSSD or OSSC.

<http://www.georgiancollege.ca/academics/full-time-programs/community-integration-through-co-operative-education-cice/>

Simcoe County Future Steps...



Other Resources

Important Websites

211 Ontario

<http://www.211ontario.ca/>

Access 2 Card Offered Through Easter Seals

<http://easterseals.ca/english/access-2-entertainment-card>

Autism Parent Resource Kit

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/autism/aprk/index.aspx>

Autism Speaks Canada Toolkits

<http://www.autismspeaks.ca/tool-kits/>

Checked Door

<http://checked-door.com/>

City of Barrie Inclusion Services

<http://www.barrie.ca/Living/RecreationPrograms/Pages/InclusionServices.aspx>

City of Orillia Inclusion Services

<http://www.orillia.ca/en/livinginorillia/inclusionspecialneedsservices.asp>

Geneva Centre for Autism in Toronto (ASD Adult Resources)

www.autism.net

Integrated Autism Consulting

www.integratedautismconsulting.com

Ontario Camps Association

www.ontariocamps.ca

Parent Books

www.parentbooks.ca

Redpath Centre (ASD Adult Resources)

www.redpathcentre.ca

University of Michigan Autism and Communication Disorder Centre

www.umaccweb.com

YMCA Inclusion Services

<http://ymcaofsimcoemuskoka.ca/news/ymca-day-camp-inclusion-prog>