

**Journey to Adulthood**  
**A Checklist of Key Activities**

| Age             | Key Activities   | Completed | N/A |
|-----------------|--|-----------|-----|
| <b>Under 14</b> | Access 2 Card  |           |     |
|                 | Canada Disability Tax Credit (CDTC)*   |           |     |
|                 | Ontario Health Card  |           |     |
|                 | Registered Disability Savings Plan (RDSP)*   |           |     |
|                 | Henson Trust (also called discretionary trust)   |           |     |
| <b>14</b>       | Update Psychological Assessment for DSO application*   |           |     |
|                 | Ensure transition skills are included in school's IEP  |           |     |
| <b>15</b>       | Inventory programs and services in the area for post secondary life                                |           |     |
|                 | Inventory housing / residential options  |           |     |
| <b>16</b>       | Apply to Developmental Services Ontario (DSO)*   |           |     |
|                 | Open a bank account (account in youth's name)  |           |     |
|                 | Apply for an Ontario ID Card   |           |     |
|                 | Locate adult health care and service providers. Make referrals if necessary.                       |           |     |
|                 | Apply for Ontario Works (OW) if applicable   |           |     |
| <b>17</b>       | Apply for Ontario Disability Support Plan (ODSP) six (6) months prior to 18 <sup>th</sup> birthday |           |     |
|                 | Consider legal concerns including guardianship and/or Power of Attorney*                           |           |     |
|                 | Complete applications for adult services, programs, and supports                                   |           |     |
| <b>18</b>       | Establish guardianship or sign Power of Attorney documents *                                       |           |     |
|                 | DSO, Passport, and ODSP funds and supports are available at age 18*                                |           |     |
|                 | Sign documents allowing consent to share information as needed                                     |           |     |
|                 | Apply for GST / HST credit on income tax   |           |     |
| <b>Over 18</b>  | Continue with secondary education till age of 21   |           |     |
|                 | Attend post secondary education (college, university)  |           |     |
|                 | Participate in community events, programs, and/or activities (with or without 1:1 support)         |           |     |
|                 | Employment (part time or full time)  |           |     |
|                 | Apprenticeships  |           |     |
|                 | Volunteer  |           |     |

\* Item has eligibility criteria and/or may not be relevant for each individual

IMPORTANT: Ages provided are a guideline. With the exception of activities with a minimum age requirement, activities can be completed at any age.