

Journey to Adulthood
A Checklist of Key Activities

Age	Key Activities	Completed	N/A
Under 14	Access 2 Card		
	Canada Disability Tax Credit (CDTC)*		
	Ontario Health Card		
	Registered Disability Savings Plan (RDSP)*		
	Henson Trust (also called discretionary trust)		
14	Update Psychological Assessment for DSO application*		
	Ensure transition skills are included in school's IEP		
15	Inventory programs and services in the area for post secondary life		
	Inventory housing / residential options		
16	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		
17	Apply for Ontario Disability Support Plan (ODSP) six (6) months prior to 18 th birthday		
	Consider legal concerns including guardianship and/or Power of Attorney*		
	Confirm appointment with DSO to complete their application process six (6) months prior to 18 th birthday.*		
	Complete applications for adult services, programs, and supports		
18	Establish guardianship or sign Power of Attorney documents *		
	DSO, Passport, and ODSP funds and supports are available at age 18*		
	Check with DSO to complete Passport Funding paperwork.		
	Sign documents allowing consent to share information as needed		
	Apply for GST / HST credit on income tax		
Over 18	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.