



Vancouver Island Health Authority  
Children Youth and Family Health – Rehab Services  
School Age Program  
at the  
Queen Alexandra Centre for Children’s Health

**Transition to Adulthood Services  
Planning Resources  
Victoria, BC**

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Occupational Therapist

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Welcome to the Transition to Adulthood process!

This document has been compiled from information gathered from each organization's website (Appendix A), resource fairs, conversations with representatives from the specific organizations, and general information gathered over the past two years.

It is meant to provide information that may be useful to both parents and therapists assisting families to prepare for transition to adulthood and adult services. This is not an exhaustive list of programs and services available in the Greater Victoria region, rather a starting point to get your transition process started in the right direction.

Good luck with your transition!

## GENERAL TIMELINE

### 14 – 15 Years

- Identify your Child and Youth with Special Needs (CYSN) Social Worker through Ministry of Children and Family Development (MCFD) – (if applicable)
- Begin the MAPS/PATH/Circles/Microboard process (Appendix B) with your child's school
- Obtain a copy of the MCFD issued *Your Future Now* reference guide online @ [http://www.mcf.gov.bc.ca/spec\\_needs/pdf/your\\_future\\_now.pdf](http://www.mcf.gov.bc.ca/spec_needs/pdf/your_future_now.pdf) and *Transition Planning for Youth with Special Needs* reference guide online @ [http://www.mcf.gov.bc.ca/spec\\_needs/pdf/support\\_guide.pdf](http://www.mcf.gov.bc.ca/spec_needs/pdf/support_guide.pdf)
- Review Registered Disability Savings Plan (RDSP) options if not already initiated

### 16 Years

- Annual MAPS/PATH/Circles/Microboard meeting
- Ensure psychoeducational assessment is updated and reflective of current skills/learning needs for Community Living British Columbia eligibility purposes
- Apply for Social Insurance Number and BC I.D.
- Determine Eligibility for CLBC Funding with your CYSN Social Worker (if applicable)
- Begin exploring post-secondary education, vocational skills training, and community participation skills options

### 17 Years

- Annual MAPS/PATH/Circles/Microboard meeting
- Apply for Persons with a Disability (PWD) Benefit
- Open a bank account in your teen's name – required for PWD
- Contact CLBC Facilitator to share what supports your teen will need, and to begin developing an Individual Support Plan for Adults – mandatory to secure adult funding
- As a parent, consider Will & Estate Planning
- Research scholarships, bursaries, and grants available for post-secondary

### 18 Years

- Please Note:**
  - At Home Program Equipment Funding ends → Ministry of Housing and Social Development takes over to fund equipment needs
  - PWD begins
- Annual MAPS/PATH/Circles/Microboard meeting

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- Decide if your teen is eligible/interested in staying in school for an additional year or graduating this school year
- Confirm Disability Benefit eligibility with Ministry of Housing and Social Development
- Confirm with CLBC Facilitator that programming is in place (if applicable)
- Initiate referral to Home and Community Care for home support services (if applicable)
- Consider a Representation Agreement
- Apply for relevant post-secondary education, vocational skills training, and community participation skills
- Apply for scholarships, bursaries, and grants available for post-secondary

<b>19 Years</b>
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- Please Note:**
  - At Home Program Respite ends
  - Eligible CLBC Funded Programs begin
  - Home and Community Care(HCC)/Choice in Supports of Independent Living (CSIL) begin
- What will your teen's day look like as an adult?

# ACCESSING FUNDING & ADULT SERVICES

## Community Living British Columbia – CLBC

#220 – 174 Wilson Street  
Victoria, BC, V9A 7N6  
Phone: (250) 952-4203

[www.communitylivingbc.ca](http://www.communitylivingbc.ca)

Community Living British Columbia is a provincial crown agency, supported by money from the BC Ministry of Social Development. Its mandate is to provide services to adults with developmental disabilities or an adult with a diagnosis of Fetal Alcohol Spectrum Disorder or Autism Spectrum Disorder who has difficulty managing day to day tasks. Services can be obtained directly using money the individual receives from CLBC or through support from organizations that receive money from CLBC to provide services to individuals and their families (e.g. Garth Homer Society, Phoenix Human Services, Frederic Ozanam Centre, etc.).

To qualify for CLBC services as an adult you must meet the following eligibility criteria for either Developmental Disability or Personalized Supports Initiative

### Criteria for Eligibility

#### Developmental Disability

An adult has:

- significantly impaired intellectual functioning
- significantly impaired adaptive functioning
- these limitations must have started before age 18

#### Personalized Supports Initiative

An adult who does not have a developmental disability but has:

- significant limitation (3 standard deviations below the mean) in adaptive functioning,  
*and either*
- a diagnosis of Fetal Alcohol Spectrum (FASD) *or*
- a diagnosis of a Autism Spectrum Disorder

### How to Apply to CLBC

- If you are connected to Ministry of Children and Family Development (MCFD) contact your Child and Youth with Special Needs (CYSN) Social worker or your MCFD support to begin the transition process.
- If you are not connected to MCFD contact a CLBC Facilitator to request eligibility be determined. Phone: (250) 952-4203

## Community Living Victoria – CLV

3861 Cedarhill Cross Rd.  
Victoria, BC, V8P 2M7  
(250) 477-7231

[www.commuintylivingvictoria.ca/index](http://www.commuintylivingvictoria.ca/index)

Community Living Victoria (CLV) is a non-profit community living service provider. CLV provides a range of support services to children and adults with developmental disabilities and their families. Services are provided under the following umbrellas, youth services, community services, day programs, and residential services. Generally, to participate in many of the programs and services CLV offers the criteria is similar to that of CLBC. Additionally, CLV is a great resource as to what is available in the community for all people with developmental disabilities.

### Programs

- Youth Services
  - Teen Community Connections (TCC)
  - Autism Services
  - Victoria Opportunities for Community Youth Leadership (VOCYL)
- Community Services
  - Family Support
  - Supported Employment Program (SEP)
  - Parent Support Program (PSP)
  - Host Agency and Individualized Funding
  - Home Sharing
- Day Programs
  - Marin Park Day Program
  - Ralph Street Day Program
  - Community Access Program and Satellite Program
- Residential Services
  - Supported Independent Living
  - Supported Apartment Living
  - Homes

## Home and Community Care (HCC) & Home Support Services

(250) 388-2273 (general enquiries line)

<http://www.viha.ca/hcc>

Home and Community Care (HCC) provides a range of health care and support services to eligible clients living in the community. They offer in home - community based services, assisted living services, and residential services.

### To be eligible for HCC you must

- Be 19 years of age or older;
- Be a resident of BC for at least 3 months;
- Be a Canadian citizen or have permanent resident status (landed immigrant or approved Minister's permit);
- Require care at home; and
- Meet the functional criteria for the service.

### How to Refer to HCC

- Health Care Professionals can call central intake directly (250) 388-2210
- Non Health Care Professionals (e.g. family, community members etc.) need to call the general enquiries line (GEL) (250) 388-2273 → central intake will follow up with families upon receiving referral

\*\*Please note, if your teen has received services from the QACCH Pediatric Feeding and Swallowing Service (PFSS) in the past, you can refer to HCC- SLP services for ongoing care with regard to feeding and swallowing issues.

### Choice in Supports for Independent Living – CSIL

Choice in Supports for Independent Living (CSIL) is a **subsection of Home and Community Care**. CSIL allows adults to direct their own care along with their own care dollars. **You cannot be registered with CSIL if you are receiving Community Living BC funding.**

### To qualify for CSIL funding you must:

- Be 19 years of age or older
- Be approved for Home Support services
- Require daily personal assistance
- Be medically and functionally stable
- Be able to direct all aspects of your care, or have an alternate decision maker to do this for you
- Be able to direct and manage the CSIL contract obligations, or have an alternate decision maker to do this for you.

### Regional Resource for Adults with Disabilities - RRAD

The Regional Resource for Adults with Disabilities (RRAD) is a **subsection of Home and Community Care**. RRAD is a program that promotes the abilities and independence of adults with complex disabilities by providing a range of specialized intervention and services that are coordinated, time limited, integrated, and client directed.



**To be eligible for RRAD:**

- Be 19 years or older
- Have multiple/complex disabilities
- Live in the south Vancouver Island Health Authority catchment area (hospital, facility, shared care, or at home)
- Require augmented service
- Have BC medical coverage

**Beacon Community Services**

9860 Third Street  
Sidney, BC, V8L 4R2  
(250)656-0134

<http://beacons.ca>

Beacon Community Services is a community-based, not-for-profit, social, employment, health, recreational, housing and volunteer services agency. They offer a wide range of programs and services that can be contracted and paid for privately including the following:

- Youth Employment Program (14 – 18 years)
- Springboard to Success (15 – 30 years)
- SHOAL Centre Assisted Living (for seniors and people with disabilities)
- Affordable Independent Living (for seniors and people with disabilities)
- Meal Delivery
- Home Support

Beacon Community Services is also the only Vancouver Island Health Authority (VIHA) subsidized care provider on the south island. If you are over 19 years old, have a condition that will be present over three months, and require support with eating, bathing, toileting, and/or dressing, you can be assessed by a VIHA case manager to determine eligibility for services. In addition to the need of the individual, the eligibility is also based on household income. Following the assessment process, if deemed eligible VIHA will put care provision in place through Beacon Community Services. ***Please note if you are eligible for Community Living British Columbia the need for home supports will have to be determined on an individual basis.***

**Ministry of Housing and Social Development**

<http://www.hsd.gov.bc.ca/pwd.htm>

At Home Program to Adult Disability Assistance Information  
[http://www.mcf.gov.bc.ca/at\\_home/pdf/ahp\\_guide.pdf](http://www.mcf.gov.bc.ca/at_home/pdf/ahp_guide.pdf)

The Ministry of Housing and Social Development provides education and support payments, employment programs, bus passes and health and dental benefits for people with disabilities.

### **Income Assistance for Persons with Disabilities (PWD) & Adult Disability Assistance**

- At Home Medical Benefits Program ends on the last day of the month of the child's 18<sup>th</sup> birthday.
- Premium-free Medical Services Plan (MSP) coverage and PharmaCare benefits provided through the At Home Program also end on the last day of the month of the child's 18<sup>th</sup> birthday. Parents who wish to reinstate their son or daughter as a dependent on their MSP coverage should contact Health Insurance BC at 1 800 663-7100
- Young people with disabilities, 18 years of age or older, may qualify for Persons with Disabilities (PWD) designation financial and supplementary health assistance through the Ministry of Housing and Social Development (MHSD).
- Eligibility for PWD is determined by a review of medical and financial documentation by MHSD.
- If you are in receipt of the At Home Medical Benefits Program you may give permission for the At Home Program to share medical and functional assessments with MHSD. If the information from the At Home Program file is sufficient to meet the medical eligibility criteria for PWD designation, a PWD Designation Application Form will not have to be completed.
- If you are not in receipt of the At Home Medical Benefits Program you must submit a PWD Designation Application form
- To ensure a smooth transition to PWD from the At Home Program, youth should begin the PWD designation application process six months before their 18<sup>th</sup> birthday.

### **Registered Disability Savings Plan (RDSP)**

The Registered Disability Savings Plan is a long-term savings program for people with disabilities and their families, introduced by the federal government in 2007.

#### **Who Qualifies**

- Must have a valid social insurance number
- Be a resident of Canada when the plan is opened
- Be under 60 years old
- Be eligible for the Disability Tax Credit
- Have filed income tax returns for the past two years and keep their returns up to date – to be eligible for maximum federal grants and bonds

[www.rdsp.com](http://www.rdsp.com) and [www.disabilitysavings.gc.ca](http://www.disabilitysavings.gc.ca)

**RDSP Resource Centre** - <http://www.rdspresource.ca/>

**The BC Coalition of People with Disabilities RDSP and People Receiving Social Assistance Resource Guide** – [www.bccpd.bc.ca/rdsp](http://www.bccpd.bc.ca/rdsp)

### Disability Tax Credit (DTC)

<http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/qlfd-prcts/whts-eng.html>

The DTC is a non-refundable tax credit used to reduce income tax payable for eligible individuals.

To be eligible for the DTC, the individual must meet all three of the following conditions:

- The individual must have an impairment that is prolonged, which means it has lasted or is expected to last for a continuous period of at least 12 months.
- The individual's impairment in physical or mental functions must be severe and it must restrict the individual all or substantially all of the time.
- The individual's severe and prolonged impairment must be certified using Form T2201 by a qualified practitioner.

### BC Personal Supports Network Equipment and Assistive Technology Initiative - EATI

EATI

<http://www.bcits.org/bcpsn/home.htm>

9007 Shaughnessy St.

Vancouver, BC, V6P 6R9

1-877-333-7544

**The BC Personal Supports Network** consists of a number of groups and organizations, across the province, who have come together to improve access to personal supports, beginning with equipment and assistive devices. In partnership with the Ministry of Housing and Social Development, the BC Personal Supports Network is responsible for delivering the Equipment and Assistive Technology Initiative (EATI). EATI provides a source of funding for assessment, trialing, acquisition and/or training with equipment and assistive devices for people with disabilities who have employment or voluntarism goals.

**To be eligible for EATI funding, individuals must be:**

- A person with a disability who has an employment or volunteer goal
- 18 years of age or older
- BC Resident
- Unemployed **or** employed with low skills (for example, low English literacy, incomplete high school) and looking to upgrade
- Ineligible for Employment Insurance
- Demonstrated need for Assistive Technology
- Unable to access funding through other programs
- Part-time students who are available for work may be eligible for EATI.
- Older workers (i.e., those over 65) are eligible.

## PARENT & FAMILY RESOURCES

### Second Wave

<http://www.secondwavevictoria.ca/index.html>

Monthly meetings held at Community Living Victoria: 3861 Cedarhill Cross Rd.  
Victoria, BC, V8P 2M7  
(250) 477-7231

For more information contact: Arlene Zuckernick [arlenez@shaw.ca](mailto:arlenez@shaw.ca)  
Catriona Johnson [catriona123@gmail.com](mailto:catriona123@gmail.com)

Second Wave is a grassroots group of families of youth and adults with developmental disabilities, self-advocates and professionals from the Victoria Capital Regional District in British Columbia.

This is a great group to connect with for information. They will put you on their email list to receive information about the monthly meetings, recreational opportunities, transition tools/services, etc.

### Family Support Institute

<http://www.familysupportbc.com/>

The Family Support Institute is a province-wide organization whose purpose is to strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability. They believe that families are the best resource available to support one another.

- Directed by families
- Provides information, training and province-wide networking to assist families and their communities to build upon and share their strengths.
- Supports families through Resource Parents (RPs) and Resource Family Members (RFMs) within the community they reside in.

### Inclusion Works!

*The InclusionWorks!* model is a family governed 5 year transition period, providing meaningful experiences for young adults who qualify for support from Community Living British Columbia (CLBC) and have opted for Individualized Funding.

If you are interested in finding out more information please contact Arlene Zuckernick at [arlenez@shaw.ca](mailto:arlenez@shaw.ca) or (250) 858-7310.

**Planned Lifetime Advocacy Network (PLAN)**

#260- 3665 Kingsway  
Vancouver, BC, V5R 5W2  
(604) 439-9566

[www.plan.ca](http://www.plan.ca)

PLAN is guided by a vision of creating “a good life” for all people with disabilities. This includes:

- Relationships with people who love and care for them
- The opportunity to contribute
- A home to call their own
- Supportive decision-making
- Financial security

When you plan for the future you change the present for both your loved one and your family. Planning to build a good life gives direction and purpose to everyone’s efforts, not only those of your relative with a disability but also the larger family unit and ultimately surrounding community. PLAN helps facilitate the creation of a network to support your teen throughout their life.

## RESOURCES IN VICTORIA

### Community Involvement

#### BC Transit Community Travel Training

<http://www.transitbc.com/regions/vic/accessible/registration-community-travel.cfm>

- Transit training for riding specific routes/buses
- HandyDART registration and orientation
- Low floor buses mobility aid orientation

#### Bridges to the Future

817A Fort Street (Victoria Disability Resource Centre)  
Victoria, BC  
Tel: 250.595-0044  
Ext. 112

[www.bridgestothefuture.ca](http://www.bridgestothefuture.ca)

Bridges to the Future is Muscular Dystrophy Canada's ([www.muscle.ca](http://www.muscle.ca)) transition program for youth aged 15-24 with any physical disability, not limited to those with Muscular Dystrophy. "Bridges" provides resources about important issues as you move into adulthood. There are four ways Bridges to the Future provides resources and information to youth: monthly workshops/socials, monthly newsletter, online webinars, and 1:1 coaching; it is up to you to decide how involved you would like to be.

#### Eligibility Criteria:

- Age 15 – 24 years
- Have a physical disability
- Not for individuals with cognitive disabilities

#### CanAssist

UVic - E-Hut  
Victoria, BC, V8W 2Y2  
(250)721-7300

[www.canassist.ca](http://www.canassist.ca)

CanAssist is an organization at the University of Victoria that is dedicated both to helping those with disabilities improve their quality of life and to increasing awareness and knowledge of disability issues. They work with two common goals: to find new and better ways to increase independence and accessibility for those with disabilities and to promote a fully inclusive

society where everyone contributes and belongs. CanAssist has no limitations as to their clientele, though there may be specific program limitations.

### **Programs**

- Technologies & Devices
- Tech Work
- Teen Work (please note age restrictions 15 years – 19 years)
- Victoria Opportunities for Community Youth Leadership (VOCYL)
- Just for Kicks Soccer

### **Communication Assistance for Young Adults (CAYA)**

#216-1750 West 75th Avenue  
Vancouver, BC, V6P 6G2  
(604) 261-9450

[www.cayabc.org](http://www.cayabc.org)

Communication Assistance for Youth and Adults (CAYA) operates as a project created through Special Education Technology BC (SET-BC). Clients are adults aged 19 years and older who require an augmentative/alternative communication (AAC) system due to a severe communication disability, i.e. speech that is not functional for daily communication. The goal of CAYA is to ensure that eligible individuals have access to the communication tools and professional support to enable them to create an adult life to the best of their abilities.

### **Driver Rehab Services**

George Pearson Centre  
651 West 59<sup>th</sup> St.  
Vancouver, BC, V6P 1S1  
(604)321-3231 Ext. 3785

The Driver Rehab Services housed at the George Pearson Centre in Vancouver, BC is a physician referred serviced. Driver Rehab Programs are best for clients who have a goal and potential to resume driving, after illness or impairments. The goal of Driver Rehab is to assist clients to resume driving, offering assessments, lessons, compensatory strategies and vehicle modification (if needed) to enable participation in Driving as an Activity of Daily Living. Best for clients with Stroke (CVA), Brain injury (all ABI), Psychiatric diagnosis, Vision loss, Spinal Cord Injury, Amputees, Neurological disabilities and Multiple Medical Conditions.

**Frederic Ozanam Centre – Society of St. Vincent De Paul**

4339 West Saanich Rd. [http://www.svdpvictoria.com/programs\\_ozanam\\_main.php](http://www.svdpvictoria.com/programs_ozanam_main.php)  
Victoria, BC, V8Z 3E8  
(250) 727-0007

The Frederic Ozanam Centre offers a range of programs to people with various disabilities, which provide individual opportunity for continued growth, independence, self-fulfillment and integration into the community. This includes a communal environment, where everyone is valued, basic educational, recreational, social, and exercise programs, many opportunities for community integration, opportunities for individual growth, volunteering experience and life experience, friendships, and fun times

**Programs Include**

- Educational Programs
- Exercise Programs
- Life Skills Programs
- Recreational
- Employment Experience
- Volunteering Opportunities
- Social Skills Programs
- Drama
- Garden Program

***Please note, all Frederic Ozanam Centre clients are referred and funded by Community Living BC.***

**Garth Homer Society**

813 Darwin Ave [www.garthhomer.com](http://www.garthhomer.com)  
Victoria, BC, V8X 2X7  
(250)475-2270

The Garth Homer Society (GHS) is a non-profit society that provides daytime services for more than 130 adults with developmental disabilities. Working with families and friends, GHS creates a plan of activities that meets the individual needs of the client. The dozens of activities available can include supported employment, volunteering in the community, taking a yoga class or cooking and baking in the seniors' program at the Garth Homer Centre.

**Programs Include**

- Employment Services
- Artworks
- Community Access
- Discovery Program
- Dreams Program
- Pathways
- Starr
- Computer Resource Centre

***Please note, all Garth Homer Society clients are referred and funded by Community Living BC.***



## Life Time Networks

102-4090 Shelbourne St  
Victoria, BC, V8T 4P6  
(250)477-4112

<http://www.lifetimenetworks.org/>

Lifetime Networks is a not-for-profit organization providing fee for service programs for adults (18 years +) with developmental disabilities. The goal is to establish personal support networks for the adults affiliated with the organization. Networks are made up of friends and are unpaid relationships in the lives of people with disabilities. The scope and vision has been expanded over the years with the addition of several community inclusion programs and sessional programs.

### Community Inclusion Programs

**Networks** - Lifetime Networks [understands] the importance of friendship as being one of the cornerstones to a fulfilling life. Through [their] Network's [they] help people with disabilities develop and maintain friendships. Once formed, a Network is a group of 3 or 4 friends who hang out one on one with the person at the centre of the Network. Network friends may go to movies, out for dinner, to a concert, hang out at home...it's all about the friendship and support.

**Lifetime Networks Being a Citizen Post Secondary Program** - allows individuals to explore current events, learn about computer basics, wellness, nutrition, socializing, pre-employment skills and resume building. It is offered 5 days a week from 9:00 – 3:00

**GAP** - is an after program social and support where people with disabilities can hang with their friends in a relaxed social environment for those with a "GAP" between 2:45 and 5:30pm.

**Best Buddies** - matches a person with a disability to a current UVic student. It is an opportunity for friendship to develop and new experiences to be explored. There are also Best Buddies programs in several of the local high schools.

## Phoenix Human Services

1824 Store St., 2<sup>nd</sup> Floor  
Victoria, BC, V8T 4R4  
(250) 383-4821

<http://phoenixhumanservices.org/>

Phoenix Human Services is a multi-service, community social services agency. Phoenix is now a non-profit society; however, is a successor to a for-profit agency that provided services in the Victoria region for about 20 years or so. The agency provides two streams of services both funded by different branches of the provincial government. More than half of the services are

in the Child and Family Services stream and are entirely funded by the Ministry of Children and Family Development. The second stream of services provided are the Community Living Services (CLS) funded by Community Living British Columbia.

### **Community Living Services**

- Self Help Skills (short term)
- Self Help Skills (extended)
- Supported Independent Living
- A variety of Adult Day Programs

*Please note, all Phoenix Human Services clients are referred and funded by Community Living BC.*

### **Victoria Opportunities for Community Youth Leadership - VOCYL**

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

Victoria Opportunities for Community Youth Leadership is a unique program that brings together young people who are interested in creating an inclusive community for all. VOCYL gives participating youth the chance to develop leadership skills through activities such as: developing and delivering presentations and workshops to high school students; planning social and fundraising events; participating in camping trips, adaptive recreational sports and retreats; and building a support network among themselves.

VOCYL focuses on three primary objectives: building leadership skills; developing youth and community connections; and sharing the VOCYL message of inclusion. To accomplish these objectives, VOCYL members take part in a wide range of activities throughout the year. These include:

- Awareness presentations and workshops
- Community outreach
- Fundraisers
- Group outings and events
- Community youth exchanges
- Participation in conferences and youth empowerment workshops
- Multi-media projects

VOCYL is funded and supported through the joint efforts of Community Living Victoria and CanAssist.

### **To Join:**

- You must be between 15 – 21 years of age
- Call (250)477-7231 ext. 241

## Recreation

### Operation Trackshoes

Operation Trackshoes, c/o Camosun College  
3100 Foul Bay Road, Victoria, BC, V8P 5J2  
(250)-721-2233

[www.trackshoes.ca](http://www.trackshoes.ca)

Operation Trackshoes is for anyone in British Columbia between the ages of 6 and 80 who has a developmental disability. They offer you a full length competitive track and field meet, a fun-filled weekend of family picnic type games, swimming, softball, basketball, and great social events including a fabulous dinner and dance.

To register go online and click on Competitor Registration

### Power to Be Adventure Therapy

1009 Langley Street  
Victoria, BC, V8W 1V7  
250-385-2363  
[info@powertobe.ca](mailto:info@powertobe.ca)

[www.powertobe.ca](http://www.powertobe.ca)

Power to Be provides dynamic outdoor education programs aimed to enrich the health and quality of life of youth, adults, and families facing significant life challenges. Programs include adapted recreation and wilderness school.

#### Who is Eligible

- youth with autism
- families living with an acquired brain injury
- people who are deaf or hard of hearing
- people living with type 1 diabetes
- oncology patients
- youth, adults and families living with developmental, cognitive or physical disabilities

To register simply email or call the Victoria office (contact info. above) providing basic information (age, opportunities interested in, diagnosis etc.).

### Recreation Integration Victoria (RIV)

4135 Lambrick Way  
Victoria, BC, V8N 5R3  
Tel: (250) 477-6314

[www.rivonline.org](http://www.rivonline.org)

RIV is an inter-municipally funded service working in partnership with the Victoria Integration Society and the Disabled Sailing Association of BC, Victoria Branch. RIV is designed to assist people with disabilities, in the Greater Victoria area, pursue active lifestyles. Recreation Integration Victoria is funded by the Municipalities of Esquimalt, Oak Bay, Saanich, the City of Victoria, the Peninsula Recreation Commission, and the West Shore Parks and Recreation Society.

#### Services

- Leisure Planning and Referral
- Leisure Assistance
- Leisure Assistance Pass (allows the individual providing leisure assistance to a person with a disability free admission to all municipal recreation facilities and some private sector venues)

### Special Olympics Victoria

<http://www.victoriaspecialolympics.com/>

Special Olympics is a volunteer, non-profit organization providing sport, recreation, training and competition to individuals with intellectual disabilities in the Capital Region.

- It offers a variety of winter sports (Oct – Feb) including 5-pin bowling, curling, floor hockey, figure skating, rhythmic gymnastics, skiing, snowshoeing, swimming, and “athletic club” (fitness basics)
- It offers a variety of summer sports (Apr-Jun) including golf, track and field, soccer, softball, and t-ball.

### Victoria Riding for the Disabled Association - VRDA

6917 Veyaness Rd.  
Central Saanich, BC  
778-426-0506

<http://members.shaw.ca/vrda/index.html>

Victoria Riding for the Disabled Association (VRDA) provides therapy on horseback to children and adults with disabilities. VRDA is a non-profit organization that uses horseback riding as a

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recognized therapeutic aid for people with a wide range of physical, intellectual and learning disabilities. VRDA offers classes to more than 140 children and adults with disabilities that include Cerebral Palsy, Down's syndrome, Autism, intellectual challenges, and hearing or vision impairment.

- Classes are held Tuesday, Wednesday and Thursdays from 9:30am-12:30pm, 2:00pm - 5:00pm. Classes are 45min in length. Each class can have 4 riders in it. Individual lessons are also available.
- The cost is \$150/rider/session. Each session is 10 weeks in length, and the riders come once a week. In terms of assistance, the person that brings the rider is responsible for the rider until they mount the horse, and as soon as they dismount.
- There is a waitlist for the program
- **Contraindications:** You are unable to participate if you have rods in your back, uncontrolled seizures, or are over the ***weight limit of 150lbs.***

# School

## **Camosun College**

Lansdowne Campus 3100 Foul Bay Rd Victoria, BC, V8P 5J2	Interurban Campus 4461 Interurban Rd. Victoria, BC, V9E 2C1	<a href="http://camosun.ca/">http://camosun.ca/</a>
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*The Disability Resource Centre (DRC)* – <http://camosun.ca/services/drc/>

Applying to College and registering with the DRC are two separate processes

The DRC provides a wide range of services and educational accommodations to students with a documented disability. DRC faculty and staff are available on both campuses to arrange services and supports such as classroom and exam accommodations, accessibility assistance and to act as a resource for students, faculty and staff. The DRC offers information sessions throughout the school year, a great opportunity to visit the campus and find out about the services provided.

Potential DRC Services provided include:

- accessibility orientation to college and campus
- accommodations for college placement tests
- course material in alternate format
- assistance with early registration
- specialized funding

*Employment Training Program* - <http://camosun.ca/learn/programs/employment-training.html>

There are a variety of programs aimed at skill development, learning what Camosun has to offer in terms of classes and programs, and self-exploration of interests and possible career paths. These programs include Employment Training and Preparation (ETP), Building Employment Success for Tomorrow (BEST), and Sample the Campus. There is also funding support available – part time students can receive a bursary, meaning does not have to be paid back, to cover the entire cost of studies on a part time basis.

## **University of Victoria**

3800 Finnerty Road Victoria BC V8P 5C2	<a href="http://www.uvic.ca">www.uvic.ca</a>
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*Resource Centre for Students with Disabilities (RCSD)* - <http://rcsd.uvic.ca/>

Applying to the University and Registering with the RCSD are two separate processes.

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To register with the Resource Centre for Students with a Disability, students must arrange to meet with an advisor at that office and present documentation of a disability that includes the following:

1. A clear statement of the nature of the disability. This should include the impact of any medication.
2. An explanation of the functional impact of the disability in a post-secondary academic setting.
3. Recommendations for accommodations that will assist the student in overcoming barriers that he or she may experience as a result of the functional impact of the disability in an academic context, linking the recommended accommodation to those barriers.
4. Date of assessment.
5. The diagnosing professional's name, title, phone number, address, official stamp or letterhead and signature.

The RCSD supports students by providing academic accommodations, alternate exam arrangements, assistive technology, learning assistance, alternate format text, and letters to professors. They can also support students in applying for a variety of grants, bursaries, and loans beyond the standard provincial and/or federal student loan. Check out their website for more information.

*Steps Forward* - <http://www.steps-forward.org/tag/uvic/>

The work of STEPS Forward is rooted in the belief that inclusive post-secondary education is a pivotal element of a fully inclusive life. For this reason, STEPS Forward works to create a typical university or college experience, with course work running from September through April, and a co-op employment term from May through August, over the course of approximately 4-5 years. For the same reason, STEPS Forward works with individuals, families and systems, not only throughout a college or university experience, but also, before and after that time.

### **Education Planner**

[www.educationplanner.ca](http://www.educationplanner.ca)

Education Planner is an educational planning resource that is available to the public free of charge. Its primary purpose is to provide clear, reliable and detailed information about post-secondary programs available in BC. Using Education Planner can help learners make well-informed decisions about their education and career options.

### **Ministry of Advanced Education**

<http://www.aved.gov.bc.ca/adultspeialed/>

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This ministry supports the disability resources offered at post-secondary institutions across the province. This is more for your information than a separate resource from those listed above.

Adult Special Education programs provide services to assist students in their transition from secondary to post-secondary education, support services to assist them in their study and special equipment and resources. It should be noted that, in order to secure the support services necessary for student success, most institutions advise students with disabilities to contact disability services personnel four to six months before starting classes.



# Employment

## WorkAble Solutions

<https://www.workablesolutionsbc.ca/>

WorkAble is a provincially funded program that connects job seekers with disabilities with employers in the province. The Workable website offers employers an exclusive site to post employment opportunities for persons with disabilities and search through lists of skilled job-seekers with disabilities. Persons with disabilities seeking employment can access lists of jobs from employers committed to accommodating successful job applicants who have a disability. Employers and job-seekers with disabilities can also use the website to access resources and connect with community agencies that work with employers and persons with disabilities.

Go online to the WorkAble Solutions website to register and search for jobs.

Questions can be sent to [workablesolutions@gov.bc.ca](mailto:workablesolutions@gov.bc.ca)

## APPENDIX A

### Transition Planning Websites

- BC Housing  
[www.bchousing.org](http://www.bchousing.org)
- BC Transit Travel Training  
<http://www.transitbc.com/regions/vic/accessible/registration-community-travel.cfm>
- BC Personal Supports Network - Equipment and Assistive Technology Initiative (EATI)  
<http://www.bcits.org/bcpsn/home.htm>
- Beacon Community Services  
<http://beacons.ca>
- Bridges to the Future  
[www.bridgestothefuture.ca](http://www.bridgestothefuture.ca)
- Camosun College
  - [www.camosun.ca](http://www.camosun.ca)
  - <http://camosun.ca/services/drc/>
  - <http://camosun.ca/learn/programs/employment-training.html>
- CanAssist  
[www.canassist.ca](http://www.canassist.ca)
- Communication Assistance for Young Adults (CAYA)  
[www.cayabc.org](http://www.cayabc.org)
- Community Living British Columbia
  - <http://www.commuitylivingbc.ca>
  - <http://www.communitylivingbc.ca/individuals-families/youth-in-transition/>
  - <http://www.communitylivingbc.ca/individuals-families/>
  - <http://www.communitylivingbc.ca/individuals-families/how-to-apply-for-services/>
- Community Living Victoria
  - [www.communitylivingvictoria.ca](http://www.communitylivingvictoria.ca)
  - [http://www.communitylivingvictoria.ca/links\\_r.php](http://www.communitylivingvictoria.ca/links_r.php)
- Disability Tax Credit  
<http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/qlfd-prcts/whts-eng.html>

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- Education Planner  
[www.educationplanner.ca](http://www.educationplanner.ca)
- Federic Ozanan Centre – Society of St. Vincent De Paul  
[http://www.svdpvictoria.com/programs\\_ozanam\\_main.php](http://www.svdpvictoria.com/programs_ozanam_main.php)
- Garth Homer Society  
[www.garthhomer.com](http://www.garthhomer.com)
- Home and Community Care Services  
<http://www.viha.ca/hcc>
- Inclusion Press; Jack Pearpoint, John O'Brien, and Marsha Forest  
<http://www.inclusion.com/vdpathtraining.html>
- Life Time Networks  
[www.lifetimenetworks.org](http://www.lifetimenetworks.org)
- Ministry of Advanced Education  
<http://www.aved.gov.bc.ca/adultspcialied/>
- Ministry of Children and Family Development
  - MCFD-Framework for Action:  
[http://www.mcf.gov.bc.ca/spec\\_needs/pdf/CYSN\\_FrameWorkForAction\\_Combo\\_LR.pdf](http://www.mcf.gov.bc.ca/spec_needs/pdf/CYSN_FrameWorkForAction_Combo_LR.pdf)
  - The 'Transition Planning & Resource Guide for Youth with Special Needs and Their Families':  
[http://www.mcf.gov.bc.ca/spec\\_needs/pdf/your\\_future\\_now.pdf](http://www.mcf.gov.bc.ca/spec_needs/pdf/your_future_now.pdf)
  - 'Support Guide for Transition Planning for Youth with Special Needs':  
[http://www.mcf.gov.bc.ca/spec\\_needs/pdf/support\\_guide.pdf](http://www.mcf.gov.bc.ca/spec_needs/pdf/support_guide.pdf)
  - 'Parents' Handbook: Your Guide to Autism Funded Programs':  
[http://www.mcf.gov.bc.ca/autism/pdf/autism\\_handbook\\_web.pdf](http://www.mcf.gov.bc.ca/autism/pdf/autism_handbook_web.pdf)
  - Fact Sheet, describing the MCFD Funded Services and Supports:  
[http://www.mcf.gov.bc.ca/spec\\_needs/pdf/Factsheet\\_CYSN\\_Aug2010\\_FNL.pdf](http://www.mcf.gov.bc.ca/spec_needs/pdf/Factsheet_CYSN_Aug2010_FNL.pdf)
- Ministry of Housing and Social Development
  - <http://www.hsd.gov.bc.ca/pwd.htm>
  - [http://www.mcf.gov.bc.ca/at\\_home/pdf/ahp\\_guide.pdf](http://www.mcf.gov.bc.ca/at_home/pdf/ahp_guide.pdf) - transfer from At Home Program to Adult Services
- Operation Trackshoes  
[www.trackshoes.ca](http://www.trackshoes.ca)

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- Phoenix Human Services  
<http://phoenixhumanservices.org/>
- Planned Lifetime Advocacy Networks  
[www.plan.ca](http://www.plan.ca)
- Power To Be  
[www.powertobe.ca](http://www.powertobe.ca)
- Recreation Integration Victoria  
[www.rivonline.org](http://www.rivonline.org)
- Registered Disability Savings Plan
  - [www.rdsp.com](http://www.rdsp.com)
  - [www.disabilitysavings.gc.ca](http://www.disabilitysavings.gc.ca)
  - <http://www.rdspresource.ca/>
  - [www.bccpd.bc.ca/rdsp](http://www.bccpd.bc.ca/rdsp)
- Second Wave Parents Information Group  
<http://www.secondwavevictoria.ca/index.html>
- Special Olympics  
<http://www.victoriaspecialolympics.com/>
- The Family Support Institute  
<http://www.familysupportbc.com/>
- TYES  
<http://www.tyes.ca/>
- Triumph Vocational Services  
[http://www.triumphvocational.com/Locations/Vancouver\\_Island\\_South\\_Contact.html](http://www.triumphvocational.com/Locations/Vancouver_Island_South_Contact.html)
- University of Victoria
  - [www.uvic.ca](http://www.uvic.ca)
  - <http://rcsd.uvic.ca/>
  - <http://www.steps-forward.org/tag/uvic/>
- Vela Microboard Association of British Columbia  
<http://www.microboard.org/index.html>
- Victoria Opportunities for Youth Leadership (VOCYL)  
[www.vocyl.ca](http://www.vocyl.ca)

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- Victoria Riding for the Disabled Association  
<http://members.shaw.ca/vrda/index.html>
- WorkAble Solutions  
<https://www.workablesolutionsbc.ca/>

## APPENDIX B

### ***Multi Action Planning System (MAPS)***

A future focused collaboration between parents, the teen, teachers, and other professionals that establishes where the student is, where they want to be by the end of high school as they transition to adulthood, and what needs to happen to get them there. A MAPS session is a sharing of information and responsibility by the key players involved in a student's life, and at a MAPS session, people listen to one another and share ideas and concerns. The main focus of a MAPS session is on the student, not on the existing structures. The MAPS meeting covers the student's history, dreams, worst case future scenario, strengths and gifts, needs, and action plan.

- Community Living Victoria is available to facilitate a MAPS meeting (250) 477-7231

### ***Planning Alternative Tomorrows with Hope (PATH)***

A planning tool that first helps you envision your future, then work backwards to the beginning steps that must be taken in order to make the dream come true. There are eight steps that involve "thinking backwards": The North Star – the dream/vision of the future, Goals – possible and positive future goals, Now – what is it like now?, Enrollment – who needs to be enrolled to get the plan going, Getting Stronger – what needs to happen to maintain the journey, Six Months – what has to happen six months from now, One Month – what has to happen one month from now, and First Steps – what are the immediate beginning steps that have to happen now to initiate the plan.

- VELA Microboard Association of BC is available to facilitate a PATH meeting as part of setting up a microboard (<http://www.microboard.org/index.html>)

### ***Circle of Friends/Circles of Support***

A process that reviews the social life of the teen and identifies the social connections in that person's life, recording their name and social closeness in either the circle of intimacy, circle of friendship, circle of participation, and circle of exchange. Once identified, the purpose is for the teen at the centre of the circles to be able to easily identify who their supports are in their life, available to support them through transition to adulthood.

- Anyone can facilitate a Circles of Friends process, go online to Inclusion Press for more details ([www.inclusion.com](http://www.inclusion.com))

### ***Microboards***

A microboard consists of a small group of people selected by the individual with special needs and/or their family, to become life-long advocates. The participants are typically invited because they are committed to knowing the person over time and having a reciprocal relationship with the individual. The role of the microboard is to act as sponsors to the community ensuring the person participates in community activities with Microboard members (i.e. family functions, social events, etc.), ensure the person has the opportunity to both receive and give from and to their community as well as with other individuals in their networks. Complete a person centred planning process that will be used as part of the development of a

proposal for supports. Incorporate as a non-profit society, identify and request funds for services, identify and negotiate services, maintain and/or monitor services, and honour legal requirements of the British Columbia Societies Act.

- VELA Microboard Association of BC is available to assist families in creating a microboard (<http://www.microboard.org/index.html>)