

Autism Spectrum Disorder (ASD) Resources / Toronto

ASD Specific Services

Ontario Autism Program (OAP)

Telephone: 1-888-444-4530 E-mail: oap@ontario.ca

Website: www.ontario.ca/page/ontario-autism-program

Eligible for children and youth who have been diagnosed with autism spectrum disorder (ASD) by a qualified professional, Children receive services and supports until the age of 18. The OAP will provide funding for "core clinical services" based on a child's individual needs. Funding may be approved for applied behaviour analysis, speech-language pathology, occupational therapy and/or mental health supports. Care coordinators will conduct and guide families through a "determination of needs" process to determine yearly funding allocation. In addition, the OAP will provide FREE services to eligible clients including, Early Years Programs, Entry to School Programs and Urgent Response Services.

The OAP provides **FREE Foundational Family Services** (caregiver workshops, Individual coaching etc.). Families can access these programs immediately after registering for the OAP.

Website: www.ontario.ca/page/ontario-autism-program-foundational-family-services

Surrey Place (North York, Etobicoke, Scarborough and Downtown)

Telephone: 416-925-5141 ext. 2590

Website: www.surreyplace.ca/directory/autism-services/foundational-family-services

Lumenus Community Services (North York & Etobicoke)

Telephone: 416-744-7650 ext. 4700

Website: www.lumenus.ca (click on Adventure Place or Etobicoke Children's Centre)

Strides Toronto (Scarborough & East York) Telephone: 416-321-5464

Website: www.stridestoronto.ca/programs/autism-services

Kerry's Place (North York)

Telephone: 416-537-2000

Website: www.kerrysplace.org/foundational-family-services

Autism Ontario

Telephone: 1-800-472-7789 ext. 340

Website: www.autismontario.com/chapters/toronto

Education workshops, community events and support groups. "Service Navigation Program" to find local services and support families accessing the OAP.

Geneva Centre for Autism

Telephone: 416-322-7877 ext. 513 Website: www.autism.net

Free social work support, caregiver support groups and education workshops on topics such as behaviour, eating strategies, sleep strategies etc. Free and fee-for-service groups for children and youth. Fee-for-service programs include respite programs, camps, behaviour consultation and ABA.

Kerry's Place Autism Services

Telephone: 416-537-2000 Website: www.kerrysplace.org/support-and-services/toronto-region Free caregiver education workshops and consultations. Free social groups for teens and adults, Fee- for-service behaviour consultation and ABA services. Some programs are geared towards youth and Adults.

Caregiver Support and Resources

Holland Bloorview Kids Rehabilitation Hospital

Telephone: 416-425-6220 Website: www.hollandbloorview.ca

Free education workshops on topics such as school, advocacy, completing funding forms etc.

Caregiver support groups and the Family Mentor Program are offered through the Family Resource Centre.

ASD Engage podcast series offering insights from professionals, families, and children.

Surrey Place - Wellness Program

Telephone: 1-833-575-5437

Website: www.surreyplace.ca/programs-services/wellness-services

Free education workshops and family wellness programs to promote caregiver and family well-being.

Woodgreen

Telephone: 416-645-6000 ext. 1311 Website: www.woodgreen.org Free caregiver support groups and home visiting program called the "Parent Outreach Program".

Extend-A-Family

Telephone: 416-484-1317 Website: www.extendafamily.ca Free caregiver support groups.

Autism Speaks - www.autismspeaks.org

Informational "tool kits" on topics such as Applied Behaviour Analysis (ABA), toilet training, sleeping strategies, advocacy etc.

Connectability - www.connectability.ca

Articles in different languages, educational videos and free downloadable visuals.

Sibling Support

Young Carers Program

Telephone: 416-364-1666 Website: www.ycptoronto.com

Therapeutic and recreational programs for children under 18 years old. Individual and group support available.

Holland Bloorview Kids Rehabilitation Hospital

Telephone: 416-425-6220 Website: www.hollandbloorview.ca Monthly sibling support group for children 7-18 years old.

Surrey Place Wellness Program

Telephone: 1-833-575-5437 Website: www.surreyplace.ca/programs-services/wellness-services

Support groups for siblings.

Respite (Caregiver Relief)

Respiteservices.com

Telephone: 416-322-6317 ext. 1 Website: www.respiteservices.com

Support to families to find respite workers, respite programs, recreation and specialized camps across Toronto.

Assist families to complete provincial funding forms for ACSD and SSAH.

Preschool Services

Early Abilities (Toronto Public Health) Telephone: 416-338-8255 Website: www.toronto.ca/speech-and-language Speech and language services for children up to school age in various locations across Toronto.

Educational resources available on website.

EarlyON Child and Family Centres

Website: www.ontario.ca/page/find-earlyon-child-and-family-centre

Free drop-in caregiver and child programs in various locations across Toronto for children up to 6 years old. Some centres offer a specialized program called "Let's Get Started" for children with delays in development (416-920-6543). Virtual programs and telephone support available through local centres.

Specialized Early Intervention Options:

Individualized support to caregivers who have a child 0-6 years old with developmental support needs. This program is for children who are not enrolled in daycare or school.

Surrey Place - Infant and Child Development Program

Telephone: 1-833-575-5437

Website: www.surreyplace.ca/directory/infant-and-child-development-program

Holland Bloorview Kids Rehabilitation Hospital - Infant Development Program Telephone: 416-782-1105

Website: www.hollandbloorview.ca/our-services/programs-services/early-learning-and-development/early-learning-and-development

General Early Intervention Options:

Individualized support to caregivers who have a child 0-6 years old from an early childhood specialist. Service available in multiple languages.

Lumenus Community Services - Better Beginnings Now (All of Toronto) Telephone: 416-499-3377 x 4327 Website: www.adventureplace.ca/services/community-based

Strides Toronto - Growing Healthy Together (Scarborough) Telephone: 416-321-5464 x 531 E-mail ghtparentinghelp@aislingdiscoveries.ca

Website: www.stridestoronto.ca/programs/growing-healthy-together-parenting-program

Macaulay Child Development Centre - Family Education and Support Program (Old City of York) Telephone: 416-780-2726 Site: www.macaulaycentre.org/services/community-programs/family-home-visiting

Sick Kids Centre for Community Mental Health - Family Support Network (North York)

Telephone: 416-924-1164 ext. 8710 E-mail: prevention.services@sickkidscmh.ca

Website: www.sickkidscmh.ca/garry-hurvitz-cmh/prevention-and-early-intervention-services

Childcare

Toronto Children's Services

Telephone: 416-338-8888 ext. 2 Website: www.toronto.ca/licensed-child-care

E-mail: kidsline@toronto.ca Fax: 416-392-3347 The online childcare locator allows families to find a licensed childcare centre close to home. Once registered in a childcare centre, a resource consultant may be available to provide guidance to childcare staff on how to support a child's needs within the program. Speak with the childcare supervisor/director about accessing this service.

Child Care Fee Subsidy

Financial assistance may be available to help families with the cost of childcare. The subsidy is based on family income. Complete the subsidy calculator online or call to determine eligibility. Once application for subsidy is complete fax or e-mail written confirmation of child's diagnosis to assist with application process.

School

Special Education Program Placement and Recommendation Committee (SEPRC)

A committee made up of school staff that meet with caregivers before Junior Kindergarten entry to determine whether or not an intensive support special education program (ISP) would be appropriate. Caregivers can request a SEPRC at time of Kindergarten registration.

School Support Team (SST)

A committee made up of school staff and special education professionals. During the SST meeting, student strengths and needs are discussed and a plan to support the student is developed. A plan may include recommendation for an IEP and/or referrals to professionals for further assessment, consultation or intervention. Caregivers can request a SST at anytime during the school year.

Individualized Education Plan (IEP) A written plan that describes special education programs, services, accommodations or modifications for a student with specific learning needs. It is based on a student's profile of strengths and needs. IEP is developed in consultation with staff, caregivers and student, where appropriate. Caregivers can consult with the teacher to create an IEP.

Identification, Placement and Review Committee (IPRC)

A committee made up of school staff and special education professionals. The committee determines the type of "exceptionality" for a student and suggests an appropriate program or setting for the student. This could include providing support in the regular class with extra resources or withdrawing the student to a special education class for part or all of the school day. IPRC meetings take place at least once a year. Caregivers can request an IPRC through the school's principal.

Ministry of Education - www.ontario.ca/page/ministry-education

Toronto District School Board - www.tdsb.on.ca

Toronto Catholic District School Board - www.tcdsb.org

Recreation Programs

Toronto Parks and Recreation

Telephone: 416-396-7378 Website: www.toronto.ca/recreation (general information)
www.toronto.ca/funguide (to search for programs)

Program Information and Registration

Seasonal recreational programs and camps. Find a program using the "Fun Guide". One can register online, by phone or in person. A Family Account Number is needed to register.

Welcome Policy

Telephone: 416-338-8888 ext. 3 Website: www.toronto.ca/free-lower-cost-recreation-options

Financial assistance may be available to assist with the cost of Parks and Recreation programs. Eligibility is based on family income. Application form is available online or call to request.

\Adapted Programs and Inclusive Services

Telephone: 416-395-6128 Adapted programs and/or additional assistance to an individual within a program to support participation and inclusion.

Holland Bloorview Kids Rehabilitation Hospital

Music and Arts Programs

Telephone: 416-425-6220 ext. 3317

Website: www.hollandbloorview.ca/services/programs-services/music-and-arts Music, visual and performing arts programs for children and youth.

Aquatic Swim Programs

Telephone: 416-425-6220 ext. 3539 Website: www.hollandbloorview.ca/swim Swimming programs for swimmers with a disability and their family.

Community Snoezelen Room and Pool

Telephone: 1-800-855-0511 to get Bell Operator. At prompt give 416-422-7049

Website: www.hollandbloorview.ca/snoezelen Sensory room and a sensory pool with music, lighting effects and tactile sensations.

Robotics

Telephone: 416-425-6220 ext. 3704 Website: www.hollandbloorview.ca/robotics

Robotic LEGO program for children ages 6-14 years old.

Transitions, Recreation and Life Skills Services

Telephone: 416-425-6220 ext. 6208 Website: www.hollandbloorview.ca/services/programs-services/transitions-recreation-and-life-

workshops for children and youth with a disability over 7 years old.

Variety Village

Telephone: 416-699-7167 Website: www.varietylvillage.ca

Recreation and life Skills programs

My Community Hub

Website: www.mycommunityhub.ca

Online registration for specialized programs, classes, respite and camps offered across Ontario for children, youth and adults.

Research

Holland Bloorview Kids Rehabilitation Hospital - Autism Research Centre

Telephone: 416-425-6220

Website: www.hollandbloorview.ca/research-education/bloorview-research-institute/research-centres-labs/autism-research-centre Research programs aimed at improving outcomes and quality of life for children and youth with ASD and their families.

Autism Treatment Network (ATN) Telephone: 416-925-5141 (Toronto ATN)

Website: www.autismspeaks.ca/science-services-resources/science/autism-treatment-network Network of physicians, researchers and families across North America working to improve care for children and youth with ASD through research. This is a partnership between Holland Bloorview, Surrey Place and Sick Kids Hospital.

Legal Assistance

Legal Program for Holland Bloorview Clients and Families

Telephone: 416-425-6220 (Elizabeth Legge) Email: elizabeth@probonoontario.org.

Website: www.hollandbloorview.ca/our-services/family-workshops-resources/onsite-legal-program Pro Bono Ontario offers a free onsite legal assistance program at Holland Bloorview for qualifying clients and families. The onsite lawyer can help with housing, education, immigration and employment law, among others."

Additional Funding

Disability Tax Credit (DTC)

Telephone: 1-800-959-8281 Website: www.canada.ca

Non-refundable tax credit that can reduce the amount of Income tax one pays. Children that are eligible must have a severe and prolonged impairment in physical or mental functions. One may also qualify for the income based Child Disability Benefit if approved for the DTC. Application form must be completed with the assistance of a medical practitioner.

Registered Disability Savings Plan (RDSP)

Telephone: 1-800-959-8281 Website: www.canada.ca Long-term savings plan that helps Canadians with disabilities and their families save for the future.

One must be eligible for the DTC to open an RDSP through a financial institution.

Special Services at Home (SSAH)

Telephone: 416-325-0500 Website: www.ontario.ca

Annual funding for respite and/or programs that support the personal growth and development of eligible children under 18 years old. There are no income requirements.

For assistance to complete the SSAH form contact respiteservices.com Telephone: 416-322-6317 ext. 1
Website: www.respiteservices.com

My Direct Plan - Online tool to manage and submit your expenses. www.mydirectplan.com

Assistance for Children with Severe Disabilities (ACSD)

Telephone: 416-325-0500 Website: www.ontario.ca Monthly funding to assist with additional costs associated with having a child with additional

developmental or physical needs under 18 years old. Gross annual Income must be below \$66,000 (approximately) to apply. Includes financial assistance for prescription drugs, dental and vision care,

For assistance to complete the ACSD form contact respiteservices.com

Telephone: 416-322-6317 ext. 1 Website: www.respiteservices.com

Easter Seals Ontario - Incontinence Supplies Grant

Telephone: 416-510-5074 Website: www.easterseals.org Annual grant to assist with the cost of Incontinence supplies (e.g. diapers, pull-ups). Children over 3 years old with a disability, who use these supplies during the day may be eligible. Application form must be completed with the assistance of a medical practitioner.

Access2 Card

Telephone: 416-932-8382 Website: www.access2card.ca Free or discounted admission for a support person, accompanying an individual with a disability at select movie theatres and attractions across Canada. Application form must be completed with the assistance of a health care professional.

TTC Support Person Assistance Card

Telephone: 416-393-3030 Website: www.ttc.ca Allows fare exemption for a support person accompanying a person with a disability on Toronto public transit. Application form must be completed with the assistance of a health care professional.

Holland Bloorview Family Support Fund

Telephone: 416-425-6220 ext. 6303 Website: www.hollandbloorview.ca

Financial support to clients of Holland Bloorview during a time of transition or stress. May support funding for equipment, recreation, respite etc. Decisions are based on family need.

Dual Diagnosis Resources Toronto

Services for Individuals with Intellectual Disability

Surrey Place

Telephone: 1-833-575-5437 Website: www.surreyplace.ca Services for children and adults with intellectual disabilities and their families such as service coordination, behaviour consultation, early Intervention, speech and language consultation etc.

Community Living Toronto

Phone: 647-426-3220 Website: www.citoronto.ca

Services for children and adults with intellectual disabilities and their families such as parent and sibling support, behaviour consultation, home management, and respite.

Developmental Services Ontario (DSO) - Toronto Region

Telephone: 1-855-372-3858

Website: www.dsotoronto.ca Assistance to adults with intellectual disabilities and their families to apply for government funded services in their communities. Registration process can begin at 16 years old.

Services for Individuals with a Learning Disability

Child Development Institute - Integra Program

Telephone: 416-486-8055 Website: www.childdevelop.ca

Services for children with a learning disability between the ages of 8 and 18 and their families. Services can include individual and family counselling, friendship groups, education workshops, and summer camps.

Learning Disabilities Association of Toronto District

Telephone: 416-229-1680 Website: www.ldatd.on.ca

Programs for children and adults with a learning disability and their families. Services can include social skills groups, tutoring, and education workshops.

Mental Health Services

What's Up Walk-in Clinic

Website: www.whatsupwalkin.ca

Mental health counselling at various locations across Toronto for children, youth, young adults and their families. Support children and youth dealing with stress, anxiety, depression, loss, transitions etc. Will assist with referrals to longer term services when needed.