

TAKE YOUR **NEXT** STEP

AND CHANGE YOUR LIFE FOR THE BETTER!

OUR FOCUS IS PERSONAL DEVELOPMENT... FOR YOUR NEXT

COMMUNICATION SKILLS

- Functional skills for work, community, social & personal

SELF-REGULATION & SOCIAL SKILLS

- Express feelings
- Manage anxiety
- Manage negative thoughts & emotions
- Create a positive self-image
- Interact positively with others
- Social Cognition
- Perspective-taking
- Understand expected vs. unexpected

SELF-HELP & ADVOCACY

- Assess themselves & their needs
- Awareness of accommodations they need
- Communicate clearly & Advocacy needs
- Knowledge of their rights to these accommodations

CHOICE & CONTROL

- Communicating preferences
- Understanding your limits
- Person Directed Planning

EXPANDING THE WORLD

- Finding new and exciting ways to expand your interests, develop your hobbies, and make new friends

ADAPTIVE SKILLS

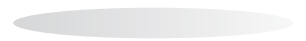
- Real-life problem solving
- Dealing with the unexpected and unplanned
- Develop strategies to keep safe
- Where to go for help

SAFETY

- Personal safety
- Community safety
- Workplace safety



STRUCTURED TRANSITION ENGAGEMENT PLAN



WE CONSULT WITH A MEMBER AND HIS OR HER PERSONAL NETWORK, TO CONSIDER AS MANY FACTORS AS POSSIBLE IN ESTABLISHING A WELL-ROUNDED AND EFFECTIVE TRANSITION PLAN. THE GOAL IS TO REDUCE HIS OR HER SUPPORT NEEDS, WHILE SUPPORTING ENGAGEMENT OF 35 HOURS WITH HIS OR HER NEXT STEP!

MY STEP TRANSITION PROGRAM

If your goal is to transition into the community for the first time, this program can be for you.

This program operates out of a residential location. Our locations are within walking distance from a subway station, library, gym, community center, mall, park, and is surrounded by local restaurants, shops and stores. Members choose this program option so that they can decrease support needs, while working on life skills, group skills, community skills, recreational skills and leisure skills in a setting that is familiar to home. Program is available for 12 or 36 months.



We Transition YOUR Life "Every STEP of the Way"

[HTTPS://NEXTSTEPSUPPORT.COM/MY-1ST-STEP](https://nextstepsupport.com/my-1st-step)

MY STEP TRANSITION PROGRAM

Our Full-time, year-round program coincides with the academic calendar. It is best for members who are interested in a full-time program with continuing education, we have both community-based and center-based options. Members learn to share space and decrease support needs in a group. Staffed at a 1:1 - 2:1 participant to staff ratio. Activity fees extra.

MONTHLY REQUIREMENTS

Toronto Library Card.....	Required
TTC Support Card	Required
Presto Card.....	Required
Access2 Entertainment Card.....	Required
Assessments & Reports.....	Included
STEP Planning.....	Extra
Smartphone or Tablet with, Talk/Text/Data	Required

ABOUT THE MY STEP TRANSITION PROGRAM

The My STEP Transition Program is day program specifically designed for individuals with autism who are transitioning into the community for the first time. It is a structured program that focuses on personal development, community inclusion and teaches the skills necessary for members to be in the community and share space.

SKILL WILL BE DEVELOPED IN:

- Community Rules and Expectations
- Managing money and reward systems
- Using Public Transit
- Using Technology/Lifestyle Apps
- Going to a Gym, Library, Mall
- Discovering Places of Interest
- Learning Pre-work Skills

7 HOUR DAILY FEE:\$195-\$250



WHAT DO YOU WANT TO DO?

- **WORKOUT AT THE GYM?**
- **VOLUNTEER?**
- **HANG OUT WITH FRIENDS?**
- **JOIN A CLUB?**
- **GET FIT?**
- **WORK PART-TIME?**



Complete Adult Support
We Transition YOUR Life "Every STEP of the Way"

“Through this program; Jonathan’s language, comprehension, anxiety, and how he interacts and socializes in public has improved tremendously. I highly recommend other parents that are looking for social outlets for their children to contact NextStep Support. ”

TESTIMONIAL – Janet, Student’s Parent

