

# 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

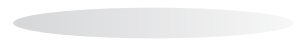
- Real-life problem solving
- Dealing with the unexpected and unplanned
- Develop strategies to keep safe
- Where to go for help

### 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 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 work on life skills, group skills, community skills, recreational skills and leisure skills in a setting that is familiar to home.



We Transition YOUR Life "Every STEP of the Way"

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

**CAMPER IN THE CITY 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 centre-based options. Learning groups are staffed at a 1:1 - 3:1 participant to staff ratio. Activity fees extra.

**MONTHLY REQUIRMENTS**

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 PROGRAM**

My STEP is a call to action! It 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 spaces.

**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:\$140**

**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**

