

# Transition Timeline

Welcome to the Transitions Timeline!

The Transition Timeline is a tool which provides families with checklists- categorized by age- of important steps, actions and general things to think about as children with disabilities transition through their school years and into their adulthood. This timeline is available online and can be accessed via the FindSupportbc.com website (Explore Transitions).

For this purpose of this guidebook, the transition years considered will be ages 14-19.

- Items on the checklist identified with an orange dot flag items that are very important and time sensitive and should be considered as soon as possible.
- Items on the check list identified with a green dot are reminders to review and update something that has likely already been done in the past.
- Items on the check list identified with a white dot identify things that families can start to think about in a proactive manner.

The key to success is to pace yourself and be proactive when you can be. Ask for help, connect with the right people and know it will all work out in the end!

# Ages 14-15



Age: 0-2 3-4 5-6 7 8-10 11-13 14-15 16 17 18 19-20 21-25

Welcome to ages 14-15

- Funding
- Social Network
- Get Connected

Print check list: [ages 14-15](#) [ages 0-25](#)

- Registered Education Savings ...
- Build The Team
- Youth Profile
- Transition Workshops
- Disability Tax Credit ...
- Create the Transition ...
- Puberty and Sexuality
- Registered Disability Saving ...
- Financial Planning
- Obtain / Update ...

## IMPORTANT

- Disability Tax Credit (DTC)  
Determine your youth's eligibility for the Disability Tax Credit (DTC).
- Registered Disability Savings Plan (RDSP)  
If eligible, open a Registered Disability Savings Plan (RDSP) for your youth.
- Build the Team  
Begin to pull together the key individuals for your youth's Transition Team.
- Create the Transition Plan  
Together with the transition team (including the youth), create a vision for your youth's life and include goals in Individual Education Plan (IEP).

## REVIEW

- Registered Education Savings Plan (RESP)  
Research the Registered Education Savings Plan (RESP). Start one if it is a good fit for your youth and family.

## NEXT STEP

- Financial Planning  
Consider long term financial planning tools such as will & estate planning, trusts, insurance products, as well as RDSPs and RESPs.
- Youth Profile  
Regularly review your youth's profile (strengths, qualities, likes, dislikes...) Discuss their hopes, dreams and visions for their future.
- Puberty and Sexuality  
Talk to/ inform your youth about puberty and sexuality.
- Obtain / Update Assessments  
Determine which assessments are required in order to effectively transition into adult services. (Most commonly required - psycho-educational assessment.)
- Transition Workshops: Consider attending a transition workshop.
- Legal Identification  
Get your youth's legal identification in order.

## Ages 14-15 (Details)

### Disability Tax Credit (DTC)

Determine your youth's eligibility for the Disability Tax Credit (DTC).

The Government of Canada offers a variety of tax benefits to people with disabilities. The Disability Tax Credit (DTC) is a non-refundable tax credit that helps relieve disability costs for people with disabilities and their families.

If the person is a minor, the amount can be claimed by a parent, and will include an additional supplement.

To be eligible for the DTC, the T2201 form (Disability Tax Credit certificate) must be completed by a qualified medical practitioner and approved by the Canada Revenue Agency (CRA). These experts will conduct a small examination to help determine your child's eligibility for the DTC.

If there are any years in which your child was eligible yet you did not claim the DTC, you can retroactively claim the DTC for up to 10 years prior.

#### *Helpful tip from parents*

*The person who fills out the DTC form should be someone who knows your youth really well. Improper or incomplete forms will result in a denial of the DTC and although denials can be appealed, this will delay the overall process.*

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### Registered Disability Savings Plan (RDSP)

If eligible, open an Registered Disability Savings Plan (RDSP) for your youth.

The Registered Disability Savings Plan (RDSP) is a long-term retirement savings plan for people with disabilities. In effect since 2008, this federal plan offers people with disabilities the opportunity to save money and eventually withdraw money without having any other social assistance programs clawed back.

#### *Helpful tip from parents*

*If parents open an RDSP for their minor child, they can continue to be the "holder" and manager of the account when the youth becomes an adult. If, however, an RDSP is opened for an adult, the process can be tricky. A financial institution may refuse to open an RDSP for someone who they deem contractually incompetent. In these cases, a representation agreement may be required prior to opening an RDSP.*

Anyone with authorization can contribute into an individual's RDSP up to \$200,000, contributions are not tax deductible, and can be made up to the end of the year in which the individual turns 59. The federal government contributes in 3 ways -

1. Bonds: Low-income individuals may get up to \$1,000 per year
2. Grants: Low and modest-income individuals may get up to \$3 for every \$1 deposited
3. An interest of 3% per year

You only need to be a Canadian resident with a Social Insurance Number, under age 60, and qualify for the Disability Tax Credit to be eligible for an RDSP.

It is not meant to replace other future planning tools, but rather work in conjunction with them. Other tools include Henson trusts, insurance products, segregated funds and Lifetime Benefits Trusts.

www.rdsp.com

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### Build the Team

Begin to pull together the key individuals for your youth's Transition Team.

Most families already have all the key players that could make up a solid Transition Team. Pull these people together into a formal group. Members of the team will include the youth, family, friends, foster caregivers, school staff, ministry people, service providers, other staff, community members, cultural & religious affiliations, and other organization members. These people will be implicated and involved in transition and beyond. The team should be a minimum of 2 people to a maximum of 8.

Team members should answer the following questions:

- Who knows the individual the best?
- Who does the individual trust and feel comfortable around?
- Who does the individual look to for advice and support?
- Who would the individual like to help him or her with their transition from school to adulthood?
- How can these people best help?

Identify a "Transition Coordinator". This is the individual who will manage the transition planning and subsequent action plan. They will determine who will do what. Team members can decide who is most appropriate for this role. It can be any of the members on the team. It often ends up being a school-based individual such as the IEP/ school transition coordinator. If you have a social worker, they should be on the team as well. (Remember that a social worker's involvement in your youth's life will end at 19 years old, so your transition plan will ideally start well before then.)

*Helpful tip from parents*

*There will no doubt be a lot of people who can participate in a team transition meeting for your child. Remember, however, that you -as the parent -MUST be the driver of these meetings. Although everyone holds your child's best interest at heart, no one will know them better than you.*

Consider hosting a transition planning meeting with family that is separate from IEP. Consider inviting key players listed on your transition team.

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## Create the Transition Plan

Together with the transition team (including the youth), create a vision for your youth's life and include goals in Individual Education Plan (IEP).

With the Transition Team and the youth, create a vision for your youth's life. This is the core of the transition process.

A solid transition plan, in combination with a committed transition team, is the key to success in the transition process.

Start as early as 14, ideally no later than 16. Develop the Transition Plan, which is largely dependent on 2 things -

1. The youth's profile ("Who is at the Center")
2. The youth's transition team

Furthermore, the Transition Plan refers not only to the most crucial years of transition, but to the years beyond as well. This will be a living document that can be referred to and updated frequently.

Learn about person-centered planning. This method puts the person with a disability in the leadership role. The youth drives the transition plan. Goals and strategies are planned based on aspirations, desires, and needs, not just on services and placements that are offered. Develop a vision for life after high school.

The plan could reflect the cultural identity of the youth and his/her community. (Transition planning for aboriginal youth must consider the youth, his/her family, community, values, and culture.)

Take the youth's strengths and abilities and connect them to their dreams, goals, and desires. The transition plan should be reviewed, evaluated and updated yearly.

Emphasis is also placed on understanding the youth's and family's support needs. Things to consider are:

- What is the youth's profile?
- What is the family's profile?
- Is the Transition Team assembled and are the roles within it identified?
- What supports and services (additional to what are already in place) are anticipated to be needed in the future?
- What are the long term and short term goals?
- What are the deadlines for completion of tasks?

### *Helpful tip from parents*

*Be creative when planning. One family with a transitioning youth created an individualized support option by creating a business for their child based on their interests. Their attitude was: "How can we make it happen?"*

The transition plan should also include:

- Health care needs and the supports for the individual going forward
- Development of financial literacy skills of the youth (if possible) to support them in managing finances in the future
- Ongoing education
- Employment options
- Having a home

Adapt as necessary the goals as laid out by the ministry:

1. Students will become informed decision makers, able to understand the effects of their choices on themselves and others.
2. Students will be able to access information and analyze it for accuracy, bias, and relevance.
3. Students will develop an understanding of their personal responsibility for attaining and maintaining their overall health and financial well-being, and

- for pursuing and achieving their education and career goals.
4. Students will develop the attitudes, skills, and knowledge that enable them to plan for their successful transition from secondary school to their adult lives.

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**Registered Education Savings Plan (RESP)**

Research the Registered Education Savings Plan (RESP). Start one if it is a good fit for your youth and family.

A Registered Education Savings Plan (RESP) is an investment vehicle for parents to save for their children's post-secondary education in Canada. The principal advantages of RESPs are the access to the Canada Education Savings Grant and a source of tax-deferred income. Consider whether or not this is an option for your family.

Many parents get RESPs for their children when they are very young - often before their child has a diagnosis. As your child ages, remember that typical post secondary options are not necessarily the only options. Before making the decision to transfer or collapse an RDSP, be sure to properly research what is available. Post secondary options for children with disabilities are increasingly available.

If post secondary is not a consideration, funds in an RDSP can be transferred into other savings vehicles - such as RRSPs and RDSPs.

If your child already has an RESP, learn and monitor the options that exist at a post secondary level.

If post secondary education does not end up being part of the equation, the investment income earned on RESPs can be rolled over into an RDSP

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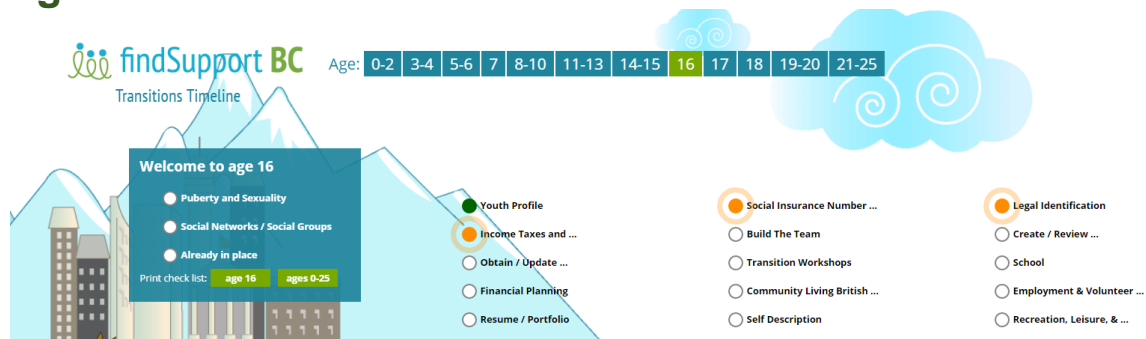
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## Ages 16



### IMPORTANT

#### Social Insurance Number (SIN)

Apply for a Social Insurance Number (SIN) for your youth.

#### Legal Identification

Get your youth's legal identification in order.

#### Income Taxes and the Registered Disability Savings Plan (RDSP)

If your youth has a Registered Disability Savings Plan (RDSP), they need to file income taxes at ages 16 and 17.

#### Financial Planning

Consider long term financial planning tools such as will & estate planning, trusts, insurance products, as well as RDSPs and RESPs.

### REVIEW

#### Youth Profile

Regularly review your youth's profile (strengths, qualities, likes, dislikes...) Discuss their hopes, dreams and visions for their future.

### NEXT STEP

#### Build The Team

Pull together the key individuals for your youth's Transition Team.

#### Create / Review Transition Plan / IEP

Review and update the Transition Plan and the Individual Education Plan (IEP).

#### Obtain / Update Assessments

Determine which assessments are required in order to effectively transition into adult services. (Most commonly required - psycho-educational assessment.)

#### Transition Workshops

Consider attending a transition workshop.

- School  
Research and plan for post-secondary education / training, vocational skills, and employment preparation.
- Financial Planning  
Consider long term financial planning tools such as will & estate planning, trusts, insurance products, as well as RDSPs and RESPs.
- Community Living British Columbia (CLBC) file  
Apply for CLBC services.
- Employment & Volunteer Opportunities - Community Involvement  
Begin to research employment and volunteer opportunities for the individual. Include in Transition Plan and IEP.
- Resume / Portfolio  
Begin to build youth's resume / portfolio of their work and volunteer jobs.
- Self Description  
As much as possible, teach youth how to describe their uniqueness to others.
- Recreation, Leisure, & Entertainment  
Pursue hobbies and opportunities for leisure and recreation.



## Ages 16 (Details)

### Social Insurance Number (SIN)

Apply for a Social Insurance Number (SIN) for your youth. If your youth does not already have a social insurance number (SIN), apply for one now. They will need this 9-digit number to work in Canada or have access to government programs and benefits.

If you haven't already done so, and if you anticipate your child will be collecting PWD, apply for a SIN at the latest by age 16.5. If they find part time employment while in school, they will need it anyway!

#### *Helpful tip from parents*

*It can take up to 6 months to receive a SIN and it's a pre-requisite for applying for disability benefits. In order to minimize any delays in PWD payments, apply for the SIN at the very latest by the time your youth is 16.5.*

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### Legal Identification

Get your youth's legal identification in order.

When an individual transitions into adulthood, many legal documents may be required. Some may be obtained right away; others are age depended. Start the process of getting your youth's legal identification cards in order.

#### *Helpful tip from parents*

*If taking a photo for a legal ID is a tricky business for your youth, plan your visit to the photographer well before the 6 month time frame identified above. Be prepared to go 2 or 3 times if necessary. Contact the photographer before hand to create the best possible environment for a successful shoot.*

This can include:

- BC ID - can get this as early as 12 years of age
- Social insurance number (SIN) - can apply as early as from birth
- Personal health number from birth
- Birth certificate
- Proof of citizenship
- Medic-Alert
- Driver's license - as of 17

Without legal identification, one cannot access Disability Benefits.

Now is also a good time to learn about the consent process.

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## Income Taxes and the Registered Disability Savings Plan (RDSP)

If your youth has a Registered Disability Savings Plan (RDSP), they need to file income taxes at ages 16 and 17.

If your youth has an RDSP, in order to receive the maximum benefits, MAKE SURE to file their income taxes every year starting from 16, even if they have no income.

If income tax is not filed, the government assumes a higher income when calculating Grants and Bonds, and benefits will be lower. However, if the tax return is eventually filed, the beneficiary can retroactively receive the full amounts.

### *Helpful tip from parents*

*When your youth turns 18, you will need to ensure that the Disability Tax Credit benefit is now being claimed by them instead of you in order to maximize the government grants and bonds. This specifically refers to line 316 versus line 318 on the income tax.*

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## Financial Planning

Consider / review long term financial planning tools such as will & estate planning, trusts, insurance products, as well as RDSPs and RESPs.

Take a moment to evaluate the financial tools that are already in place for your youth.

Ask yourselves:

Are you doing all that you can do?

Are there new products on the market that may be a better fit for your family and current financial situation?

Have you reviewed how the current products are doing? (Example: Do you need to review how funds are invested in your youth's Registered Disability Savings Plan?)

Does your youth have an Registered Education Savings Plan? Do you know what options are available to them with the RESP?

Even if some of these financial planning tools are already in place, you may want to consider attending a workshop or training course to refresh your understanding of them. Consult your financial professional for clarification and updates.

If you do not have a family will, consider getting one. If one exist, ideally you will be reviewing and updating it regularly. Do you have a trust set up for your youth, and is it right kind of trust? Consult a lawyer and learn about the best methods to build a strong financial plan for your youth.

Wherever possible, develop your youth's own skills so they may be better prepared to manage their own affairs.

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## Youth Profile

Regularly review your youth's profile (strengths, qualities, likes, dislikes...) Discuss their hopes, dreams and visions for their future.

The success of the transition process depends largely on identifying the desires, strengths, and abilities of the youth. Identify their hopes and dreams, their interests and their curiosities. Remember these in all decisions you make with your youth.

Step back and take an objective look at your child. This could be an exercise you do alone with them or, with them and others.

Questions you can brainstorm answers to could be:

- What are their likes, dislikes?
- What are their interests?
- What are their accomplishments?
- What are their strengths?
- Where are their favorite places?
- Who do they like to be around?
- How do they communicate with people? (Communication device, sign language, pictures...)

*Helpful tip from parents*

*The hopes and dreams you identify should be those of your youth and not the hopes and dreams you may have for them. Try to keep yourself out of this process.*

Sharing these answers with others in your youth's circle (family, friends, teachers, therapists, physicians, etc...) will spark further conversations and help inform the transition plan. Together, you can help build a more solid portrait of the person at the center.

Write everything down, keep this at the front of your organized materials, and update regularly. Try to align decisions going forward with this portrait in mind.

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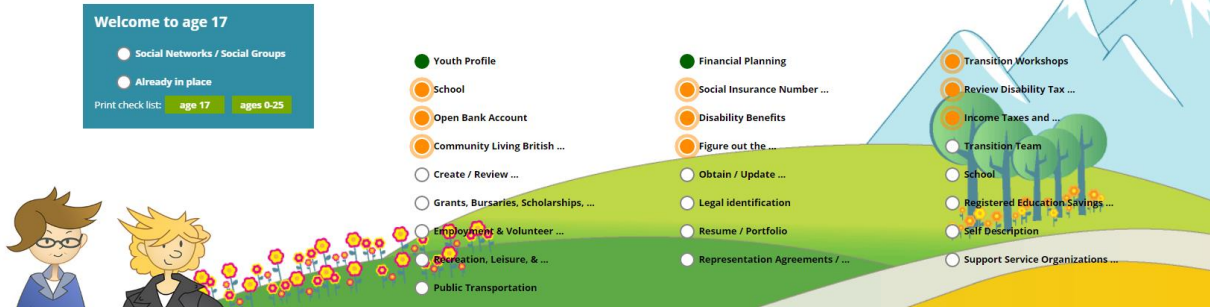
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# Ages 17



Age: 0-2 3-4 5-6 7 8-10 11-13 14-15 16 17 18 19-20 21-25



## IMPORTANT

- Transition Workshops**  
Attend transition workshops.
- School**  
Make a decision about an extra year of high school for your youth. Otherwise, ensure your youth has met all graduating requirements.
- Social Insurance Number (SIN)**  
Get a Social Insurance Number for youth.
- Review Disability Tax Credit (DTC)**  
Contact Revenue Canada to add your youth's name and SIN to their Disability Tax Credit file.
- Open Bank Account**  
Open a bank account in youth's name.
- Disability Benefits**  
Apply for disability benefits.
- Income Taxes and the Registered Disability Savings Plan (RDSP)**  
If your youth has a Registered Disability Savings Plan (RDSP), they need to file income taxes at ages 16 and 17.
- Community Living British Columbia (CLBC) file**  
Learn about CLBC and identify and meet your facilitator.
- Figure out the funding**  
Learn about funding eligibility, availability and options.

## REVIEW

- Youth Profile**

Regularly review your youth's profile (strengths, qualities, likes, dislikes...) Discuss their hopes, dreams and visions for their future.

Financial Planning

Consider or review long term financial planning tools such as will & estate planning, trusts, insurance products, as well as RDSPs and RESPs.

NEXT STEP

Transition Team

Review / update members of transition team. If you do not already have a transition team for your youth, pull one together.

Create / Review Transition Plan / IEP

Review and update the Transition Plan and the Individual Education Plan (IEP). Ensure that goals identified are relevant to your youth's adult life.

Obtain / Update Assessments

Determine which assessments are required in order to effectively transition into adult services. (Most commonly required - psycho-educational assessment.)

School

Research and plan for post-secondary education / training, vocational skills, and employment preparation.

Grants, Bursaries, Scholarships, Loans

Research school grants, bursaries, scholarships, and apply for them.

Legal identification

Get your youth's legal identification in order.

Registered Education Savings Plan (RESP)

If your youth has an RESP AND they will be attending post secondary education, inform yourself of the steps required in order to access these funds.

Employment & Volunteer Opportunities - Community Involvement

Review / research employment and volunteer opportunities. Include in transition plan - including the IEP.

Resume / Portfolio

Build youth's resume / portfolio of their work and volunteer jobs.

Self Description

As much as possible, teach youth how to describe their uniqueness to others.

Recreation, Leisure, & Entertainment

Pursue hobbies and opportunities for leisure and recreation.

Representation Agreements / Power of Attorney

Learn about representation agreements and enduring power of attorney.

Support Service Organizations / Community Inclusion/ Day Programs

Visit and interview community living agencies in your community to see what they offer. Learn about community inclusions/ day programs and activity options.

Public Transportation

Learn about public transport options and discounts. Once approved for PWD, apply for the annual bus pass.

## Ages 17 (Details)

### Transition Workshops

Consider attending a transition workshop.

Workshops for transitioning into adulthood for people with disabilities are offered by a variety of hosts (schools, community living agencies, disability organizations).

It's a good idea to start going to these workshops earlier than you think you need to. The first time can be overwhelming, and you may not be able to "hear" everything. The sooner you start, the sooner you can get certain items checked off your future to-do list. This can reduce the stress many parents feel when they get to the more critical age of transitioning into adulthood.

When attending these workshops, voice all your questions and concerns, take notes, and connect with other families. The exchange of information on a family-to-family basis is invaluable. Information picked up at these workshops will be helpful when planning your youth's individual Transition Plan.

Participate in your youth's school-directed Grade 10 Planning Course. This a good time to start learn about the consent process as well.

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### School

If your youth has not turned 19 by August 31st, they are permitted to go to school for another year. Decide if this is the plan and speak to your school administration to set things up. This option may allow for better planning of transition, more maturity in the youth, and organizing an overlap in the services. This allows some adults to transition slowly while still maintaining the support they are familiar with.

Otherwise, ensure the youth has met all graduating requirements. Consult with them and their school to ensure that all is on track. Review the post-secondary options. (This may include Adult Special Education.)

Research and plan for post-secondary education / training, vocational skills, and employment preparation.

Many parents are not aware of the educational options available at a post secondary level for youth with disabilities. Research colleges and universities and see what's available.

Services for Students with Disabilities (SSD) can be governed by different policies, procedures, and legislation than high schools. It is important to be aware of these differences, as this will assist the transition process for the student, families, and advocates.

*If your youth does not attend high school for a 13<sup>th</sup> year, this may mean "a gap " for them whereby they are out of school but too young for CLBC services.*

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**Social Insurance Number**

See details in section "Age 16"

**Review Disability Tax Credit**

Contact Revenue Canada to add your youth's name and SIN to their Disability Tax Credit file.

**Open Bank Account**

If not already done, open a bank account in youth's name.

The youth will need a bank account in their name in order to deposit disability benefit cheques. Be aware of the issues that may arise should the youth not be deemed contractually competent by the bank. In that case, a representation agreement may be needed.

If the youth is a minor, parents can open the account for them with proper ID and proof of residence. If they are an adult, a valid identification will be required (birth certificate, SIN, driver's license, BC ID). Again, a representation agreement will likely need to be in place in this case.

Shop around! Many institutions (banks and credit unions alike) offer no fees for youth and persons with disabilities.

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## Disability Benefits

Financial assistance is available for individuals age 18 or over who have a physical or mental impairment of at least two years duration and who require help with daily living activities. You can apply online through [My Self Serve](#).

The youth will need a SIN to apply for the PWD (Persons with Disability) designation. The application can take up to 6 months. If this step is not already done, it will delay the process of receiving PWD. Your youth will be eligible as of the age of 18, but you are allowed to apply from the age of 17.5. This six-month gap allows for processing time and avoids delays in PWD cheques.

PWD entitles your child to receive up to a certain amount of money per month of income and ensures your child qualifies for extended medical benefits. [Learn the basics about disability assistance](#) - the amount that HAS to go towards rent, maximum amount of earn-able income, asset limit... Not respecting these rules may result in PWD benefits being clawed back.

If you do not already have an RDSP for your child, now be a good time to consider one. (RDSP is meant to be a long term retirement savings for people with disabilities. Funds withdrawn from an RDSP do NOT result in any claw back from PWD benefits.) For more information, see the RDSP section.

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## Income Taxes and the Registered Disability Savings Plan (RDSP)

See details in section "Age 16"

## Community Living British Columbia (CLBC) file

Apply for CLBC services.

CLBC delivers support and services to individuals with developmental disabilities and their families. To receive CLBC services, a person must be 19 years of age or older, but eligibility can be confirmed as soon as they turn 16.

CLBC has two sets of criteria for eligibility. To be eligible, the person must either meet the criteria of a developmental disability, or the Personalized Supports Initiative. Review the [eligibility information for families](#) to learn about documents that need to be submitted to CLBC for eligibility.

After all required documents for eligibility have been sent to CLBC, a CLBC facilitator will review the documents and contact you to tell you if the youth is eligible for CLBC adult services, or to let you know if further information is needed.

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## Figure out the Funding

Learn about funding eligibility, availability and options.

If your child will be eligible for CLBC services, they will also be eligible for Individualized Funding (IF). IF is provided to allow an individual to participate and be a part of their community in a manner that works best for them. It is not meant to increase personal income nor can it be used to cover medical expenses, home improvements, leisure activities and the like.

Individualized funding provides individuals and families with flexible, person-centred, and self directed payment options for arranging, managing and paying for supports and services. For more information, please see the following documents:

[Individualized Funding Policy](#)

[Guide to Individualized Funding](#)

[Individualized Funding Fact Sheet](#)

There are 2 payment options for IF:

- Direct Funding
- Host Agency Funding

Direct Funding is an IF payment option where the funds allocated by CLBC are paid directly by CLBC to an individual or his/her family (family member or representative) for the purchase of supports and services. For more information, please see the following documents:

[Managing the Money- Direct Funding Simplified](#)

[Managing the Money-Direct Funding Standard](#)

[How to find out if your support workers are employees or Contractors](#)

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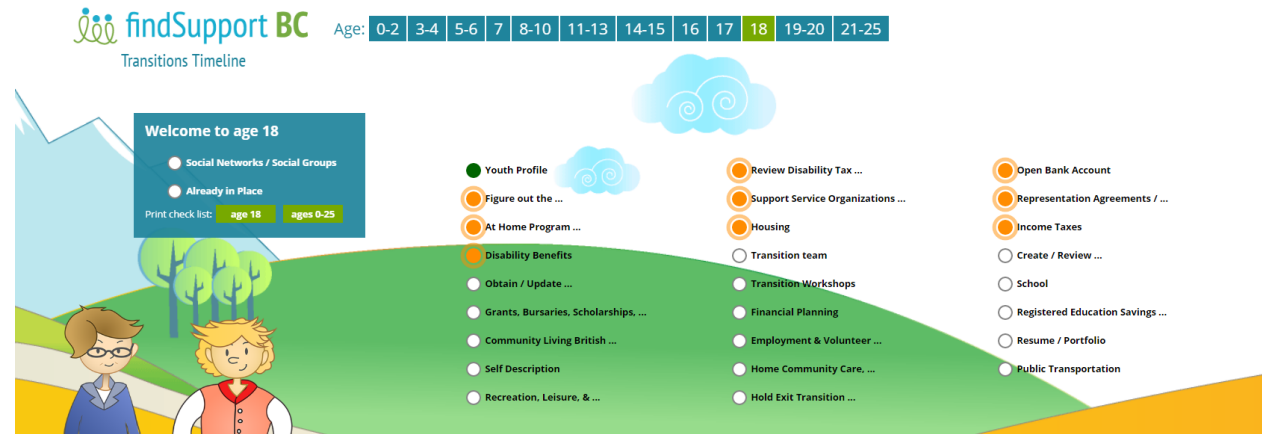
### **Youth Profile**

Review Youth Profile  
See details in section "Age 16"

### **Financial Planning**

See details in section "Age 16"

# Ages 18



## IMPORTANT

- Review Disability Tax Credit (DTC)**  
Contact Revenue Canada to add your youth's name and SIN to their Disability Tax Credit file.
- Open Bank Account**  
If not already done, open a bank account in youth's name.
- Figure out the Funding**  
Learn about funding eligibility, availability, and options.
- Support Service Organizations / Community Inclusion/Day Programs**  
Visit and interview community living agencies in your community to see what they offer. Learn about community inclusion/ day programs and activity options.
- Representation Agreements / Power of Attorney**  
Learn about representation agreements and enduring power of attorney. If needed, have one in place.
- At Home Program ~ PWD medical coverage**  
When the individual turns 18, funding provided by the At Home Program will end, and medical coverage through PWD will begin.
- Housing**  
Research housing options.
- Income Taxes**  
File youth's income taxes.
- Disability Benefits**  
Apply for disability benefits if you have not already done so. Attend PWD meeting.
- Community Living British Columbia (CLBC) file**  
Meet with CLBC facilitator to develop plan.

## REVIEW

### Youth Profile

Regularly review your youth's profile (strengths, qualities, likes, dislikes...) Discuss their hopes, dreams and visions for their future.

## NEXT STEP

### Transition team

Review/ update members of transition team. If you do not already have a transition team for your youth, pull one together.

### Create / Review Transition Plan / IEP

Review and update the Transition Plan and the Individual Education Plan (IEP). Ensure that goals identified are relevant to individual's adult life.

### Obtain / Update Assessments

Determine which assessments are required in order to effectively transition into adult services. (Most commonly required - psycho-educational assessment.)

### Transition Workshops

Attend transition workshops.

### School

Research and plan for post-secondary education / training, vocational skills, and employment preparation.

### Grants, Bursaries, Scholarships, Loans

Research school grants, bursaries, scholarships, and apply for them.

### Financial Planning

Consider long term financial planning tools such as will & estate planning, trusts, insurance products, as well as RDSPs and RESPs.

### Registered Education Savings Plan (RESP)

If your youth has an RESP AND they will be attending post secondary education, inform yourself of the steps required in order to access these funds.

### Community Living British Columbia (CLBC) file

Identify and meet your Community Living BC (CLBC) facilitator.

### Employment & Volunteer Opportunities - Community Involvement

Review / research employment and volunteer opportunities. Include in transition plan - including the IEP.

### Resume / Portfolio

Update youth's resume / portfolio of their work and volunteer jobs.

### Self Description

As much as possible, teach youth how to describe their uniqueness to others.

Home Community Care, Choice in Supports for Independent Living (CSIL)

If eligible, apply for Home Community Care (for respite, home support for personal care, and meals preparation) and CSIL Program (Choice in Supports for Independent Living), which provides funds to purchase home supports.

Public Transportation

Learn about public transport options and discounts. Once approved for PWD, apply for the annual bus pass.

Recreation, Leisure, & Entertainment

Pursue hobbies and opportunities for leisure and recreation.

Hold Exit Transition Meeting/ Hold final meeting with Transition Team.

## Ages 18(Details)

### Review Disability Tax Credit (DTC)

See details in section "Age 17"

### Open Bank Account

See details in section "Age 17"

### Figure out the Funding

See details in section "Age 17"

### Support Service Organizations / Community Inclusion/ Day Programs

Visit and interview community living agencies in your community to see what they offer. Learn about community inclusion/ day programs and activity options. You can obtain some organization suggestions from your CLBC facilitator or you can research them on your own.

Community Inclusion/ day programs usually provide day service (usually weekday working hours) to provide opportunities for learning, skill development, and socializing. Community inclusion/ day programs can meet a variety of needs.

Support service organizations will work with an Individual Support Plan for an Adult. [Click here for a guide.](#)

The [BC Aboriginal Network on Disability Society \(BCANDS\)](#) provides support services and resources to help BC's Aboriginal People.

[Support Worker Central](#) is an online database designed to match individuals, families and agencies with support workers in their communities.

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## Representation Agreements/ Power of Attorney

Learn about representation agreements and enduring power of attorney. If needed, have one in place.

Consider whether your youth will need assistance with decision making as an adult (such as for banking, medical and legal matters). Learn about representation agreements and Enduring Power of Attorney by consulting a lawyer and/or attending a workshop or information session.

A Representation Agreement is a legal document available to adults in British Columbia for personal planning. It allows you to authorize one or more personal supporters to be your representative to help you manage your affairs and, if necessary, make decisions on your behalf in case of illness, injury, or disability. A Representation Agreement is the only way you can appoint someone to assist you or to act on your behalf for health care and personal care matters. It can also cover routine financial affairs.

An Enduring Power of Attorney is a legal document for personal planning in British Columbia. It is a way to authorize your personal supporters to manage your financial and legal affairs if you need assistance due to illness, injury and disability.

At the age of 19, an individual becomes responsible to manage their own affairs regardless of their ability or the way they communicate. A representation agreement allows the individual to appoint someone, a representative, to assist them in decision making around the issues of health care, personal care, or financial affairs (only valid in BC).

If needed, consult a lawyer and have a representation agreement in place before the individual turns 19.

### Helpful Hints from Parents

If you think you'll need one for banking, make sure you get it in order before opening up a bank account. This will facilitate the transition process in the future.

In some cases, some parents find it easier to have a joint account with their child. (In this case, an Enduring Power of Attorney may be required.) However, if joint, funds kept within should only be for the individual because holding more than a certain amount in personal assets can affect disability benefits. Speak to a lawyer and the bank about the implications of each option.

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## At Home Program/ PWD Coverage

When the individual turns 18, funding provided by the At Home Program will end, and medical coverage through PWD will begin.

Premium-free Medical Services Plan (MSP) coverage and PharmaCare benefits provided through the At Home Program end on the last day of the month of the youth's 18th birthday. (Respite benefits may continue until age 19.)



Young people with disabilities, 18 years of age or older, may qualify for Persons with Disabilities (PWD) financial and supplementary health assistance through the Ministry of Social Development. The youth will be automatically eligible for these benefits:

- Dental coverage, including denture services, up to \$1,000 over a 2-year period. This \$1,000 limit can only be exceeded in exceptional circumstances such as in an emergency. Dentists must get approval before they do any dental work.
- Glasses - lenses and frames every 3 years. MHSD pays up to \$44.83 for an eye exam and \$48.90 for an ophthalmologist's exam every 2 years.
- Medical Services Plan (MSP) coverage.

Parents who wish to reinstate their son or daughter as a dependent on their MSP coverage should contact Health Insurance BC. However, youth who are eligible for PWD designation will not need to be reinstated on their parents' MSP coverage.

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## Housing

For some families, research housing options may feel premature at this stage but the reality is finding, planning and moving into a new housing situation can be years in the making. Without overwhelming yourselves, start to slowly make yourselves aware of the various housing options that exist for people with disabilities. Consider attending a housing workshop. Discuss the options with your youth and come up with different scenarios together.

Questions to ask yourselves:

- Will your youth live at home?
- Are they capable of independent living?
- Will they require assisted living? If so, to what degree?
- Will they be supported independently? Can a supported apartment scenario work for them?
- Is Home Share an option?
- Are there wait lists you should be aware of? How long are they?

### *Helpful tip from parents*

*Your housing vision for your youth will change as they age and mature. Be open to shifting your vision and making necessary changes as you go along.*

The decisions depend on the needs/desires of the individual and the family, as well as what is available. Make a list and consider some of the pros and cons to the various housing options.

Research BC Housing. This is a provincial crown agency that develops, manages and administers a wide range of subsidized housing options across the province.

If you incur reasonable cost in home modification for accessibility, you may be eligible for a Home Owner Grant. Contact your local municipality/city hall for more information.

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## Income Taxes

People with disabilities constantly strive for full citizenship. Employment is one of the activities through which people report that they are recognized as full participating citizens. Filing income tax is another activity, like voting, that people with disabilities can participate like other citizens. The additional advantage to filing taxes is access to benefits administered through the income tax system. Increasingly, the federal government provides social benefits through the tax system. People who do not participate do not benefit.

Examples include:

- Canada Disability Savings Bond (along with the Registered - Disability Savings Plan)
- Refundable HST Tax Credit
- Working Income Tax Benefit and Disability Supplement
- Canada Child Tax Benefit (for parents)
- Disability Tax Credit (which can be transferred to eligible family members) .

Combined, these benefits can be worth thousands of dollars. Filing income tax annually will give people increased access to these benefits.

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## Disability Benefits

Apply for disability Benefits if you have not already done so.

See details in section "Age 17".

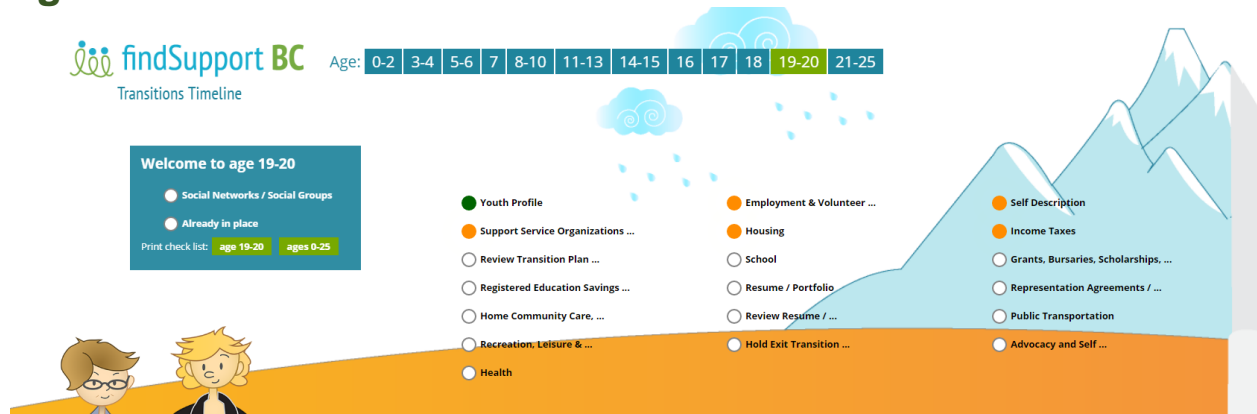
## Community Living British Columbia (CLBC)

Once eligibility for CLBC services has been established, an ongoing relationship and contact with the facilitator will follow. Next step will be to develop the plan. This will entail finalizing decisions around Individual Funding options and potentially confirming a host agency for support services and community inclusion/day programs.

## Youth Profile

See details in section "Age 16"

# Ages 19-20



## Ages 19-20

### IMPORTANT

- Employment & Volunteer Opportunities - Community Involvement  
Review / research / secure employment and volunteer opportunities.
- Self Description  
As much as possible, teach youth how to describe their uniqueness to others.
- Support Service Organizations / Community Inclusion/ Day Programs  
Visit and interview community living agencies in your community to see what they offer. Learn about community inclusion/ day programs and activity options.
- Housing  
Research housing options.
- Income Taxes  
File youth's income taxes.

### REVIEW

- Community Living British Columbia (CLBC) file  
Meet regularly with CLBC facilitator to review plan
- Youth Profile  
Regularly review your youth's profile (strengths, qualities, likes, dislikes...) Discuss their hopes, dreams and visions for their future.

### NEXT STEP

- Review Transition Plan / IEP  
Review and update the Transition Plan and the Individual Education Plan (IEP). Ensure that goals identified are relevant to individual's adult life.

School

Review interest in post secondary options. Research and apply for education/ training, vocational skills and employment preparation.

Grants, Bursaries, Scholarships, Loans

Research school grants, bursaries, scholarships, and apply for them.

Registered Education Savings Plan (RESP)

If your youth has an RESP AND they will be attending post secondary education, inform yourself of the steps required in order to access these funds.

Resume / Portfolio

Update youth's resume / portfolio of their work and volunteer jobs.

Representation Agreements / Power of Attorney

Learn about representation agreements and enduring power of attorney by consulting a lawyer and/or attending a workshop or information session. Have them in place if needed

Home Community Care, Choice in Supports for Independent Living (CSIL)

If eligible, apply for Home Community Care (for respite, home support for personal care, and meals preparation) and CSIL Program (Choice in Supports for Independent Living), which provides funds to purchase home supports.

Review Resume / Portfolio

Build youth's resume / portfolio of their work and volunteer jobs.

Public Transportation

Learn about public transport options and discounts. Once approved for PWD, apply for the annual bus pass.

Recreation, Leisure & Entertainment

Pursue hobbies and opportunities for leisure and recreation.

Hold Exit Transition Meeting

Hold final meeting with Transition Team.

Advocacy and Self Advocacy

Learn about advocacy and self advocacy. Research organizations that specialize in these areas.

Health

Establish a system whereby youth's medical information and ongoing follow ups are noted and flagged.

## Ages 19-20 (Details)

### Employment and Volunteer Opportunities/ Community Involvement

Connect with your local association for community living (and other community groups) to seek out volunteer and paid work opportunities. Community Living BC (CLBC) works with families on an individual basis and uses a person-centered approach to plan for supports and services.

The BC government is committed to improving employment and assistance programs for persons with disabilities and providing resources to those most in need. Employment promotes greater independence for people with disabilities, including greater income security and increased participation in the community.

Find out if the youth is eligible for these opportunities and apply.

The benefits of employment are great: a sense of belonging, more happiness and confidence, opportunities for social interaction and friendships, greater financial security and independence, and expansion of skills and abilities.

familyWORKS is a great program for community conversations about employment.

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### Self Description

The better you arm your youth with information about themselves, the more empowered they will feel, and the more prepared they will be. Work on the language they could use when describing themselves to people around them, whether it be peers, professionals, education, or medical staff. If verbal communication is an issue, put together a written summary that can be pulled out when necessary, or program communication devices with the necessary information.

If your child has medical issues that need to be taken into consideration, develop some key language around those as well.

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## **Support Service Organizations/ Community Inclusion/Day Programs**

See details in section "Age 17"

## **Housing**

See details in section "Age 18"

## **Income Taxes**

See details in section "Age 18"

## **Community Living British Columbia**

Meet regularly with your youth's CLBC facilitator to review the plan put in place. Make changes needed to reflect choices made by your youth. Support your youth to advocate for themselves when possible.

## **Youth Profile**

See details in section "Age 16"