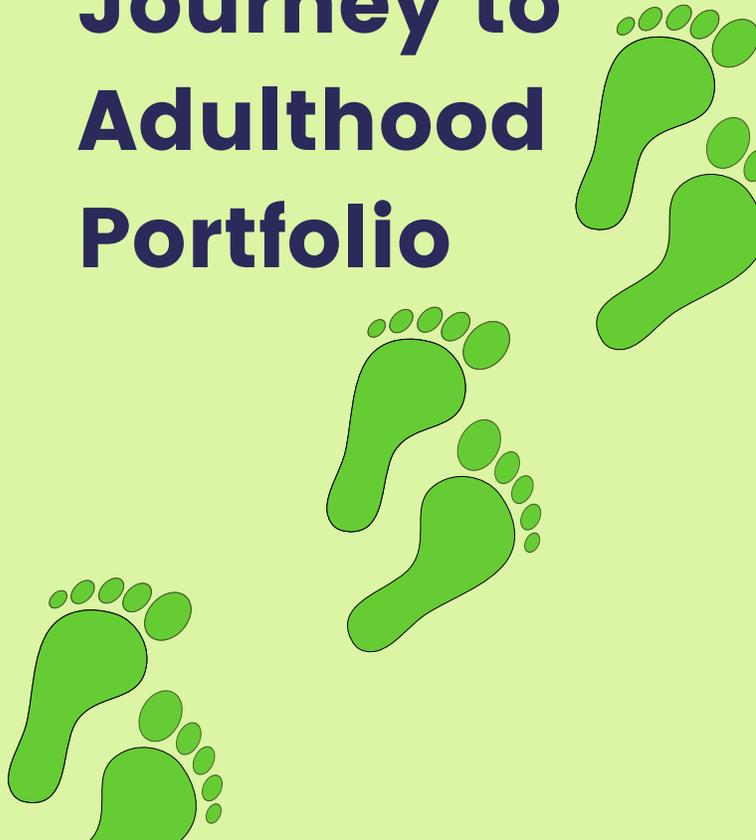




AutismONTARIO



**Journey to
Adulthood
Portfolio**





The Journey to Adulthood Portfolio is a tool you can use to gather and collect important documents in one place. The items listed are meant to be used as a guide. You are the person who will select what, and what not, to include in your portfolio.

Gathering all items is not required nor are you limited to the folders and/or items suggested. The goal is to create a place that allows you to keep important items close at hand for when you need them.



Folders Include:



Medical:

This folder may include important medical information and documents. This might include a list of prescriptions, medication (and other) allergies, doctor's letters with important information (assessments, diagnosis, test results, etc.), supports for medical procedures, and more.

Psychological:

This folder may include results of psychological assessments and recommendations. This may include the psychologists report with the diagnosis of autism, psycho-educational assessments, psycho-vocational assessments, descriptions/dates of therapy and/or support groups you participate(d) in, etc. The information included here may come from a psychologist, psychotherapist, support group, etc.



Behavioural:

This folder may include information about what strategies work / don't work. This might include behavioural assessments, evaluation plans, lists of effective supports, as well as reports from behaviour therapists, instructor therapists, etc. You may also want to create a list yourself of things that have worked in your (your child's) home, school, and personal life.

Folders Include:



Emergency Care:

This folder is for information you want fast access to in a medical emergency. This might include a list of medications and allergies, copy of your health card, copy of health benefit information, a list of doctors, and a list of emergency contacts. You may want to place this information in an envelope that you can grab quickly if needed.

Legal / Financial:

This folder may include legal documents such as Power of Attorney (for personal care and/or for property/finances), or guardianship. You may also want to include information related to taxes including a copy of the Canada Disability Tax Credit application, ODSP application, or other income tax related documents. Information on Henson Trust and/or RDSP, and banking may also be included in this section.



Community:

This section includes information on community-based supports and resources. It may include a copy of a library card, gym membership, or other membership cards. You may want to include a schedule of community-based activities and/or a list of programs you are, or have been, involved in.



Folders Include:



Employment:

This may include a copy of a current resume as well as certifications (e.g. First Aid). You might include a list of volunteer placements with a brief description of duties and skills used. It might also include letters of reference from teachers, employers, or volunteer coordinators and/or a page of potential references including name and full contact information.

Professional:

This section includes information on the professional services you receive or have received. It may include a listing of professional agencies including description and contact information. You may also want to include letters of acceptance and/or confirmation of placement on a wait list. Information on respite services might also be filed in this folder along with other professional community resources.



Supports & Accommodations:

This folder might include copies of IEPs as well as formal accommodation letters. It may also include a list of sensory, auditory, physical and/or environmental triggers as well as a list of strategies / adjustments that work for calming and de-escalating. Communication supports such as PECS, AAC (augmentative and alternative communication), and clear direct language may be also be included.



Folders Include:

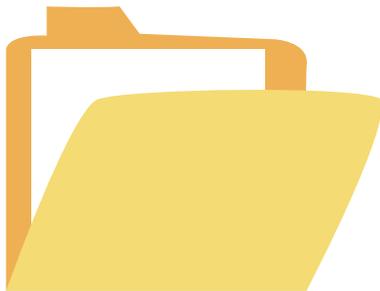


Personal:

This may include a copy of your (your child's) provincial ID, health card, driver's license, etc. You may want to include a one page profile, circle of support diagram, and/or 10 year plan. You may also want to keep copies of certificates or awards that you have been given.

Check List:

Included on the next page is a Checklist of Key Activities sorted by suggested age for completion. Please note the ages are a guide only. Activities can be completed at any age. You can also find more resources on the Autism Ontario website.



Other:

This folder is for any additional information/items that does not fit into the other areas. You can also add additional folders which you name yourself.

In Confidence:

You will work with many individuals and agencies during the transition to adult. Not all people need all your information. Items in your portfolio should be kept confidential and only shared as needed. When in doubt ask a trusted adult for advice.



Journey to Adulthood
A Checklist of Key Activities

Age	Key Activities	Completed	N/A
Under 14	Access 2 Card		
	Canada Disability Tax Credit (CDTC)*		
	Ontario Health Card		
	Registered Disability Savings Plan (RDSP)*		
	Henson Trust (also called discretionary trust)		
14	Update Psychological Assessment for DSO application*		
	Ensure transition skills are included in school's IEP		
15	Inventory programs and services in the area for post secondary life		
	Inventory housing / residential options		
16	Apply to Developmental Services Ontario (DSO)*		
	Open a bank account (account in youth's name)		
	Apply for an Ontario ID Card		
	Locate adult health care and service providers. Make referrals if necessary.		
	Apply for Ontario Works (OW) if applicable		
17	Apply for Ontario Disability Support Plan (ODSP) six (6) months prior to 18 th birthday		
	Consider legal concerns including guardianship and/or Power of Attorney*		
	Complete applications for adult services, programs, and supports		
18	Establish guardianship or sign Power of Attorney documents *		
	DSO, Passport, and ODSP funds and supports are available at age 18*		
	Sign documents giving consent to share information as needed		
	Apply for GST / HST credit on income tax		
Over 18	Continue with secondary education till age of 21		
	Attend post secondary education (college, university)		
	Participate in community events, programs, and/or activities (with or without 1:1 support)		
	Employment (part time or full time)		
	Apprenticeships		
	Volunteer		

* item has eligibility criteria and/or may not be relevant for each individual



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